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BUCKINGHAMSHIRE BASKETBALL ASSOCIATION

PERFORMANCE PATHWAYS:

A GUIDE FOR TEACHERS, COACHES, PLAYERS AND PARENTS

1. COUNTY PERFORMANCE CENTRE (CPC)

INTRODUCTION

- As part of its commitment to developing clear Performance Pathways the Buckinghamshire Basketball Association is launching the County Performance Centre (CPC) designed to raise skill levels within the sport of basketball among young people aged between 10-12 years old within Buckinghamshire.
- The programme will be holding separate invitational trials for boys and girls each year.
- There will be approximately 20 places in each squad and membership selections will be made on the basis of talent/potential/height/commitment and attitude.
- Membership of the CPC should be viewed as a 7 month commitment to individual skill development, running from October until April in preparation for County and EBL (English Basketball League) squad selections.
- We recognise that players have widely different backgrounds in the game, and we are expecting some to be beginners with athletic potential.

OBJECTIVES

1. To provide quality coaching for 10 – 12 year-olds with the emphasis on teaching and reinforcing the individual fundamental skills necessary to develop better basketball players.
2. To provide the opportunity for young people with exceptional talent/potential/height to be added to County and EBL squads.
3. To identify and support the development of players with the potential to:
 - a. Represent Buckinghamshire in the U13 South Region Inter-County Tournament (held at the end of June each year, usually in Reading)
 - b. Compete at the EBL level
 - c. Represent the South Region in the U14 Inter-Region Tournament, leading to the England Basketball Player Performance Pathway.

NOTE: The CPC is not designed or expected to produce a team. Preparing or teaching a team to compete is often at the expense of the athletes individual development needs. However, players may be invited from the CPC to attend trials for County or EBL teams.

Recommendation Procedure

Teachers, as well as Buckinghamshire Basketball League and EBL club coaches, are asked to recommend further outstanding players who may have the potential required at any time, as we recognise the differing stages and pace of development for players of this age.

TRAINING SESSIONS

Dates and Times

The CPC will typically operate from October until April. Each group will normally meet on the same Sunday in each month (for example, 1st Sunday every month, except occasionally when these dates coincide with public or major school holidays).

Sessions will run for 4 hours, including scheduled break-times. Please arrive to register at least 15 minutes before the start time. Please stick to these times so that we are able to start on time.

Please bring with you:

- £10 training fee – CASH or Cheque payable to “**Buckinghamshire Basketball Association**”
- Either a reversible vest/kit (personalised Buckinghamshire Basketball Association Merchandise available from www.bucksbasketball.org.uk) or one light and one dark vest.
- Plenty of fluids
- Suitable quickly digestible snacks
- **Please do not wear or bring any club branded clothing etc.**

Coaching

Coaching vacancies will be advertised on (www.bucksbasketball.org.uk) and appointed by the Buckinghamshire Basketball Association and successful candidates will report to the Performance Pathways Coordinator. Coaches will be experienced, skilled basketball coaches who would like to contribute to the individual development of young players.

All coaches will be England Basketball or UKCC qualified and will have experience coaching at least at EBL, and preferably County, Regional or APC level. They will also have current Enhanced CRB disclosures, as will other key staff.

For all players, the first few sessions are considered a probationary period, in which their ability to gain from and contribute to the CPC programme is assessed based upon:

- Long term potential
- Improvement
- Commitment
- Coachability
- Regular coaching and competition with a Buckinghamshire Basketball League and/or EBL club or equivalent. CPC sessions are designed as an extension to more regular quality coaching at club level.

The CPC aims to provide an intensive programme to improve the fundamental skills of individual players who may be considered for Buckinghamshire County Squads. Coaches will focus and progress the execution of these skills. However, we recognise that not all players will be selected for these squads. We aim to prepare these players as future competitors at the higher levels of domestic junior and senior basketball within the Buckinghamshire Basketball League and EBL competitions. Coaches will continuously emphasise to players the importance of training regularly

with their local clubs, as such, regular signposting will take place. It is not the CPC's function to prepare teams, but it does aim to prepare players to play effectively in teams.

ELIGIBILITY FOR COUNTY PERFORMANCE CENTRE

In general, once selected, players have the opportunity to retain their membership of the CPC squad until their age group ceases to attend. The exceptions would be:

- Players who clearly fail to maintain the standard or intensity of effort required
- Players who fail to maintain the necessary high levels of physical fitness.
- Players who fail to maintain regular attendance at CPC sessions (we would expect a minimum of 75%, but aspire to more)

FINANCE

The CPC receives only a small amount of financial support to contribute to coaches' travel expenses, and so all other costs have to be covered by player/parent contributions.

Costs should be kept to a minimum. Each attending player is expected to make a contribution relative to costs of £10 for each CPC training event. Cheques should be made to ***"Buckinghamshire Basketball Association"***.

Unfortunately, we cannot make any allowance for the long distances which some of you must necessarily travel. We do encourage you to car-pool. Not only does this save money and effects on the environment, but also takes account of your need to organise other family activities, and the fact that the attraction of watching 4 hours of basketball training may soon diminish!

Buckinghamshire Basketball Association reversible kit (to be used for practice and any games) will be offered to players at cost through a wholesale deal. We hope that all players will wish to purchase this, as we would like to promote group identity. This kit will also be used for Buckinghamshire County Squad competitions for those selected – so players wishing to buy their own will get plenty of wear out of it! It is also a good keep sake to mark the achievement of being selected to represent the County!

In cases where parents find these commitments genuinely difficult we would encourage an arrangement where the player/parent makes a contribution, and other sources (such as school funds) agree to share the financial burden.

PAPERWORK!

Parents will be required to complete a consent form which provides detailed medical information and emergency contact details. It also gives permission for your child to travel away with the CPC or County squad, and for a coach to give permission for medical procedures such as anaesthetic where necessary. Information on these forms will be shared with coaches only on a confidential basis. Please ensure that all conditions of which we should be aware (including learning difficulties, for example) are included.

COMMUNICATION

The preferred method of communication will be by email. We are prepared to use 2 email contacts per player if requested. These must be reliable and not subject to change. Providing an email address implies a commitment to check email daily.

BRIEF OUTLINE OF PLAYER PROGRESSION

Players will typically attend the CPC from October until April. Then selections for the Buckinghamshire County Squad's will take place and these groups embark on an intensive weekly programme in preparation for the U13 South Region Inter-County Tournament, which will take place in late June, usually in Reading. At this tournament a selection will be made for the U14 South Region Squad training for a place in the Inter-Region tournaments at Lilleshall National Sports Centre in Shropshire (usually the last weekend in October for boys, and the penultimate in November for Girls). Following the Lilleshall tournaments, players from the South Region team are invited to attend Area Performance Centre's (APCs) and the "Training to Compete" phase of Long Term Athlete Development, where more emphasis is placed on developing the skills to be successful in international competition. Sessions are held on Sundays (usually on the last Sunday of each month although there may be occasions when this is changed due to Bank Holidays etc).

POST-COUNTY PERFORMANCE CENTRE (CPC) PROGRAMME

Players will have been signposted to their nearest Buckinghamshire Basketball League club at the beginning of the programme and encouraged to join and train regularly there. After the conclusion of the CPC programme players will be invited to attend trials for the Buckinghamshire County Squads and also signposted to appropriate EBL club trials.

2. BUCKINGHAMSHIRE COUNTY SQUADS

The CPC will have a close relationship with the Buckinghamshire County Squads and their coaches. The CPC will be the major (but not the sole) source of players for the County Squads. Buckinghamshire County Squads will hold trials in May each year and will train weekly until the U13 South Region Inter – County Tournament at the end of June.

EXPECTATIONS AND HOW TO MEET THEM

To optimise the value of the sessions, players need to be committed, prepared for hard and concentrated physical work, able to focus for up to 4 hours, and keen to react to positive criticism to improve.

PHYSICAL FITNESS

- We expect players to take responsibility for achieving and maintaining a high level of fitness
- In particular, you will need to play at a high intensity level and pace
- Failure to succeed at County, Regional and National level is more often experienced by players who are unable to execute at high speed, rather than those lacking specific skills

SLEEP AND REST

- Before competition and whilst travelling away with a team, aim to get a minimum of 8 hours' sleep

- Remember that a camp or tournament trip is not a “sleepover”, and get used to getting to sleep quickly when sharing with several other players
- If the opportunity presents itself for some rest during a busy day, get your feet up!

NUTRITION

- For a dedicated athlete suitable nutrition must take priority over personal likes and dislikes. This applies especially when you are away from home, and do not have access to your “favourite food”
- You should have a plentiful balanced diet including protein (fish, meat, cheese, nuts etc), fruit and vegetables, but especially sufficient carbohydrates to “fuel” your basketball and other activities
- We will happily do our best to ensure that specific diets (e.g. vegetarian, gluten free) are catered for while overseas, although you will need to understand that we are often using mass catering, and that awareness of and provision for some diets is rarer in some other countries, notably in Eastern Europe.
- It is acceptable for you to dislike one or two particular food items, but you cannot be fussy about what you eat.
- Avoid filling up with junk food, biscuits, crisps, chocolate etc
- Drink plenty of water, and reduce your intake of fizzy drinks.

INJURY AND ILLNESS

- Prior to training day, camp or tournament, please keep the Performance Centre Coordinator or Head Coach informed of any injury or illness concerns.
- During a trip away, report all injuries and illnesses, however small, to your Team Manager
- Carry a small personal first aid kit (e.g. small dressings, plasters, tape, antiseptic cream, maybe a couple of instant ice packs), to help manage minor injuries
- Treat injuries promptly, and don’t assume that they will clear up just by resting. Get an expert medical opinion if in any doubt. If you want to get back on court quickly, physiotherapists etc in private practice are often the best source of help.
- Don’t under-estimate the effect a small injury like a blister can have if not treated promptly.

PRE-COMPETITION

- Begin to focus on your performance hours before a game.
- You will receive a detailed pre-game schedule separately.

A BRIEF GUIDE TO HOW PARENTS CAN HELP PLAYERS ACHIEVE BEST PERFORMANCE

- Take an interest in and encourage your child, especially when the going is tough, they’ve had a bad training session or game or feel they are not progressing as they would wish.
- Remind them gently that they have a commitment when something more instantly attractive comes up on a training day.
- Help them to keep a calendar to organise their school work, sports commitments etc
- School studies must come first, but this will rarely be a problem with good personal organisation. Try to avoid using exclusion from sport as a punishment for poor performance at school, behaviour etc. It’s unlikely that basketball was the cause, and this can result in resentment and aggravate the situation further.

- Particularly if you have not been involved with sport at a high level yourself, understand that this requires a high level of commitment.
- Help them to be punctual by being so yourself: at this stage they will rely on you to be at training sessions and meeting points on time.
- Without neglecting siblings, try to arrange the family diary to fit their most important commitments.
- Help your child stay fit and healthy, by treating injuries and arrange medical intervention where necessary to get them fully fit as soon as possible.
- Encourage a healthy diet with plenty of energy. Players who are allowed to be fussy eaters at home will be hard to feed properly when the choice is limited away from home.
- Whilst giving them appropriate levels of support, encourage them to develop skills which allow them to be increasingly independent. If you show that you are concerned that they can't cope, they will probably take the hint and fail to do so!
- Remember that, especially at higher levels of basketball, your child depends upon you totally for transport, money, and general support. They will repay you by making you proud of their achievements!

MORE INFORMATION

Lee McCarthy

Performance Pathways Coordinator

Buckinghamshire Basketball Association

Post: Aylesbury Grammar School

Walton Road

Aylesbury

HP21 7RP

Tel: 07894792963

Email: performancepathways@bucksbasketball.org.uk

Web: www.bucksbasketball.org.uk