



WEST
VANCOUVER
SCHOOLS

A world of opportunity



present

WEST VANCOUVER SCHOOLS
PREMIER BASKETBALL ACADEMY
“A Basketball Development Partnership”

Premier Basketball Academy



- An initiative between West Vancouver Schools and Basketball BC to provide basketball specific and off-court sport enhancement opportunities.
- A program which allows students to come from different schools to train at one location, but maintain eligibility at home schools as per BCSS Eligibility rules.
- Preserving students' opportunity to participate in extra – curricular activities after school.
- To provide basketball training for students within the guidelines set by the BC Ministry of Education so students may receive course credit for Physical Education.
- To provide key fitness components such as strength, anaerobic, and flexibility training; movements skills, recovery, mental training and testing.

Benefits of Academy Training



- Athlete Focused
- Certified Coaching
- Basketball Specific Training
- Exposure to Latest trends and techniques
- Positive Competitive Environment
- Periodized Yearlong Training

WVS / BBBC Athlete Development



A. WVSD Premier Basketball Academy

- WVSD grade 8 & 9 students only
- Gender blended cohort
- Canada Basketball – Train to Train model

B. North Shore RTC

- Grades 9-12 (North Shore/Vancouver Schools)
- Girls and Boys Cohorts
- Canada Basketball – Train to Compete Model

C. Canada Basketball – Center for Performance

- Provincial Based Elite Development Program

D. Canada Basketball

- POD training / National Programs (U17-Cadet, U19, SNT)

2016 - 17



- From a group of 52 incoming grade 8&9 applicants, a cohort of 21 students (13 boys, 8 girls) were selected for the program with representation from all three high schools in WVS.
- Program Delivery:
 - Program is front loaded in the fall and back loaded in the spring.
 - 40 hours in the fall (2-3 afternoon classes per week, 4 mornings, 3 weekends- 3hours)
 - 20 hours in the winter (1-2 days per week)
 - 40 hours in the spring (2-3 afternoon classes per week, 4 mornings, 3 weekends- 3hours)
- Continued Fitness training with Level 10 & TWIST
- Weekends feature top provincial and university coaches

Shaun McGuinness – BBBC



• Provincial Coach – Basketball BC

- Basketball is a school-based sport therefore the majority of basketball training most student-athletes receive is at their school.
- In the present format students receive limited training time –3-4x per week for 18 weeks = 54-72hrs. – this is not enough training time to reach an elite level.
- In many situations students are lacking fundamental skills and conceptual understanding of basketball
- Student may lack opportunities to receive extended training in concert with Basketball Canada's Long Term Athlete Development model.
- Few students receive any off-court performance enhancement opportunities
- A curriculum based on Canada Basketball's Long Term Athlete Development model.
- Training for Academy coach(s) to deliver the curriculum.
- Academy coach(s) will receive free access to Basketball BC on-line resource and free admission to Basketball BC Super Conference.

Coach Greg Meldrum



Coach Greg Meldrum



• Background

- WVSS Grad (1991)
- University of Victoria (1991-95) – All Canadian
- Professional (New Zealand, France, England, Spain)
- National Team (2002)
- 8th year as WVSS coach
 - 2017 NS and V&D Champions (Jr Boys), Grade 9 Girls V&D Participants
 - Howe Sound Senior Boys Champion 2015
 - Provincial Jr. Boys Champion 2014

• Why coach at the Academy?

- Basketball is my passion
- Advance basketball in the district and region
- Help players try to attain individual goals

Coach - Jordan Al-Assadi



Coach Jordan Al-Assadi



- Background
 - Sentinel Teacher
 - Coordinator of Spartan Basketball Camp
 - High School Coach
 - Has coached Bantam, Juvenile, Junior and Senior Basketball
 - Played 4 years of Varsity Basketball– St Thomas University
 - National Silver Medallist 2004
- Why coach at the Academy?
 - Keen interest in coaching and player development
 - An opportunity to give back to community I work in.
 - Excited to work with young people who are committed to improving.

Schedule (Day 1 or 2 – 4)



- Week 1:
 - #1 On – Court Individual skills
 - #2 Fitness / Conditioning
 - #3 On – Court Individual skills and Team Concepts
- Week 2:
 - #1 On – Court Small Groups Tactical Play
 - #2 On – Court Individual Skills
- Objectives:
 - Refine individual basketball skills
 - Expand conceptual understanding of basketball
- Typical Session could include:
 - Dynamic warm up, ball handling, shooting drills, transition drills, small-sided game like situations

Off Season Schedule



September 2016

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
S	M	T	W	T	F	S	October 2016								
2	3	4	5	6	7	1/8									
9	10	11	12	13	14	15									
16	17	18	19	20	21	22									
23	24	25	26	27	28	29									
30	31												1	2	3
4			SCHOOL OPENS		Day 1 - 1 2 3 4		Day 2 - 1 2 3 4 1:30 - 3pm RTC #1 @WVSS		Day 1 - 2 3 1 4		10				
11	Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @WVSS		Day 1 - 3 1 2 4		Day 2 - 3 1 2 4 1:30 - 3pm RTC #1 @WVSS		Day 1 - 1 2 3 4		Day 2 - 1 2 3 4 1:30 - 3pm RTC #1 @WVSS		<u>WVSS</u> <u>9am-12</u>				
18	Day 1 - 2 3 1 4		Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @ <u>Level 10 Fitness</u>		Day 1 - 3 1 2 4		Day 2 - 3 1 2 4 1:30 - 3pm RTC #1 @WVSS		PROFESSIONAL DEVELOPMENT DAY		17				
25	Day 2 - 1 2 3 4 1:30 - 3pm RTC #1 @WVSS		Day 1 - 2 3 1 4		Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @ <u>Level 10 Fitness</u>		Day 1 - 3 1 2 4		Day 2 - 3 1 2 4 1:30 - 3pm RTC #1 @WVSS		October 1 <u>WVSS</u> <u>9am-12</u>				

In Season Schedule



WEST VANCOUVER PREMIER BASKETBALL ACADEMIES – RTC #1

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Winter Break	Day 2 – 1 2 3 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 2 3 1 4	Day 2 – 2 3 1 4 5	Day 1 – 3 1 2 4	7
8	Day 2 – 3 1 2 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 1 2 3 4	Day 2 – 1 2 3 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 2 3 1 4	Day 2 – 2 3 1 4 13	14
15	Day 1 – 3 1 2 4	Day 2 – 3 1 2 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 1 2 3 4	Day 2 – 1 2 3 4	DISTRICT PROFESSIONAL DEVELOPMENT DAY	21
22	Day 2 – 2 3 1 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 3 1 2 4	Day 2 – 3 1 2 4 1:30 – 3pm RTC #1 @WVSS	Day 1 – 1 2 3 4	Day 2 – 1 2 3 4	28

Evaluation



- Basketball Specific with Physical Testing
 - Psychomotor Domain
 - Demonstrated motor skill level and game skills
 - Shooting, Dribbling, Finishing, Penetrating, Posting
 - Affective Domain
 - Participation, effort, focus, cooperation, fair play...
 - Cognitive Domain
 - Knowledge/ Understanding or concepts, rules, and strategies
 - positioning, vision, Anticipation, and Decision-Making

The focus is Growth & Development

NOT Achievement

2017-18 Program



- **WVS Premier Basketball Academy**
- The program is open to male and female students in Grades 8-10 from Rockridge, Sentinel and West Vancouver Secondary Schools.
- Program Highlights
- Students remain at their home school
- Students are eligible to compete on sports teams for their home school
- Program is centrally located at West Vancouver Rec Center and WVSS
- Coaches: Jordan Alassadi & Greg Meldrum with support from Basketball BC and district coaches
- Day 2-4 and will include weekends and / or evening in fall and spring

- Cost: \$1600 per year
- **TRYOUTS: Boys (7&8) Wednesday, April 5th – 6:00-7:30pm**
Girls Thursday, April 6th – 6:00-7:30pm
ALL Practices at West Vancouver Sec. School

Next Steps



- Attend April Tryout @ WVSS
- Bring Term 2 Report Card to Tryout
- April 10th Cohort of 20-24 players invited with a waitlist.
Parents complete registration with deposit (\$600.00)
- April 24th – Cohorts finalized
- June 2017 – 2017-18 Calendar finalized
- September 2017 – Training begins

Frequently Asked Questions



Who is the program designed for?

The Development Academy targets students with some basketball playing experience coupled with a desire to improve at the game.

Are positions determined by tryouts?

Unless there is an exceptional circumstance, students must attend a tryout to be considered for the program.

If my child accepts a spot are they committed for the year?

Students who accept a position are expected to complete the program.

Frequently asked questions



Can my child participate on school teams during the school year?

Your child is strongly encouraged to participate on school teams in all school seasons.

Can a grade 8 student tryout for the Regional Training Center program?

Yes, with permission from the Program Director who will ask for a coach recommendation.

Will my child receive course credit?

All students will receive an opportunity for PE course credit at their grade level at their home school

