



WEST
VANCOUVER
SCHOOLS

A world of opportunity



present

WVS REGIONAL TRAINING CENTER

“A Basketball Development Partnership”

WHAT IS THE RTC?



- An initiative between the West Vancouver Schools and Basketball BC to provide a high level teaching and learning experience.
- 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.
- Preserves 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.

Targeted Athlete Strategy



- **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)

RTC 2016 - 17



- From a group of 71 incoming grade 9-12 applicants, three cohorts of 49 students (33 boys, 16 girls) were selected for the program with representation from 10 North Shore schools.
- RTC Girls - Head Coach – Shaun McGuinness
- RTC Boys #1 – Head Coach – Greg Meldrum
- RTC Boys #2 – Head Coach – Greg Meldrum
- Success! – Numerous athletes represented their school at Provincial Junior and Senior Championships
- Girls Argyle, Carson, Windsor, Little Flower Academy
- Seycove Provincial Champions
- WVSS Junior Boys, Handsworth Junior Boys, Argyle Junior Boys
- Handsworth Senior Boys
- Numerous players identified for Basketball BC Provincial teams and University Scholarships

2017-18 RTC



- **Program Highlights**

- Students will have over 100 hours of training and receive grade level PE credit
- Partnership with Basketball BC includes top level curriculum, coaching and is modelled on [Canada Basketball's Long Term Athlete Development Plan \(LTAD\)](#)
- Train to Compete and Train to Win model
- Coaches: Greg Meldrum (Boys) and Shaun McGuinness (Girls), with support from Basketball BC and local coaches
- Weekday classes and weekends in fall and spring
- Cost: \$1600 per year. Fees have been calculated to cover the costs of the program including: Coaching staff, facility rental, group fitness training, equipment considerations, Basketball BC Membership, and player uniform package
- **TRYOUTS: Girls – Thursday April 6– 6:00 – 7:30pm**
- **Boys – Wednesday, April 5th & Thursday, April 6th – 7:45 – 9:15pm**

Coach Shaun McGuinness



Coach Shaun McGuinness



- 25 + years of Coaching Experience
- Basketball BC – Provincial Coach
- Head Coach – B.C. U17 Girls - 2016
- Master Coach Designation – Basketball Canada
- Coached at 12 National Championships – CIS & Provincial Team
- Results: 5 Gold, 4 Silver 1 Bronze
- Recognized Locally, Provincially and Nationally

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.

Benefits of Academy Training



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

Athlete Development



Canadian Basketball System – Elite Athlete Pathway



ONE GAME. ONE NATION. 100% CANADIAN.



Coach Greg Meldrum



Coach Greg Meldrum



- **Background**

- WVSS Grad (1991)
- University of Victoria (1991-95) – All Canadian
- Professional Career (New Zealand, France, England, Spain)
- National Team (2002)
- 7th year as WVSS coach
 - 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

Sample Schedule (Day 1 or 2 – 4)



Week 1:

- #1 On – Court: Individual skills
- #2 TWIST or Level 10 Fitness training
- #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 handing, 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																																																	
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4								5								6								7								8								9								10							
11								12 Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @WVSS								13 Day 1 - 3 1 2 4								14 Day 2 - 3 1 2 4 1:30 - 3pm RTC #1 @WVSS								15 Day 1 - 1 2 3 4								16 Day 2 - 1 2 3 4 1:30 - 3pm RTC #1 @WVSS								<u>WVSS</u> <u>9am-12</u>							
18								19 Day 1 - 2 3 1 4								20 Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @ <u>Level 10 Fitness</u>								21 Day 1 - 3 1 2 4								22 Day 2 - 3 1 2 4 1:30 - 3pm RTC #1 @WVSS								23 PROFESSIONAL DEVELOPMENT DAY															
25								26 Day 2 - 1 2 3 4 1:30 - 3pm RTC #1 @WVSS								27 Day 1 - 2 3 1 4								28 Day 2 - 2 3 1 4 1:30 - 3pm RTC #1 @ <u>Level 10 Fitness</u>								29 Day 1 - 3 1 2 4								30 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
	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	
1	2	3	4		6	7
	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	
8	9	10	11	12		14
	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	
15	16	17	18	19	20	21
	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	
22	23	24	25	26	27	28

Evaluation



- Will be similar to high school PE classes
 - Psychomotor Domain
 - Demonstrated motor skill level and game skills
 - Affective Domain
 - Participation, effort, cooperation, fair play...
 - Cognitive Domain
 - Knowledge/ Understanding or concepts, rules, and strategies

Next Steps - RTC



- Pre-register for April 5th & 6th Tryouts @ WVSS
- Boys April 5 & 6 7:45 – 9:15pm
- Girls April 6 - 6-7:30pm
 - Bring Term 2 Report Card to Tryout
- April 10- Program invitations with a waitlist.
- April 24– Cohorts finalized
- June 2017 – Calendar finalized
- September 2017 – Training begins

Frequently Asked Questions



Are selections determined by tryouts?

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

Will my child receive course credit?

All students will receive PE course credit at their grade level

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

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

What is the payment schedule?

A \$600.00 deposit to secure a spot. 10 * \$100.00 monthly payments beginning September 2017 – June 2018.

Will RTC programs compete against other programs?

While the priority is not creating teams to compete, there may opportunities to invite other RTC programs to train together if there is mutual benefit.