

2009/2010 ACTAS/NITP Program Structure

*****Please note that the final program structure and selection criteria is due to be formally ratified by the ACTAS Basketball JMC on September 9th and maybe subject to change*****

For 20 years the ACT Academy of Sport (ACTAS) has been a part of a national network of elite training centres designed to identify and develop targeted Australian athletes to reach their full athletic potential.

Being an endorsed 'Official Olympic and Paralympic Training Centre' and a key member of National Elite Sports Council means that ACTAS is at the front line of performance servicing and athletic development of ACT's Olympic, Paralympic and Commonwealth Games focussed athletes.

Currently ACTAS provides a range of performances services to both individual athletes and partnered programs, with National and local ACT sporting organisations, to enable them to reach that athletic potential and be more competitive at the state, national and international level. In 2009 ACTAS supports around 170 local and regional athletes from over 25 different sports.

The ACTAS/NITP Basketball Program is a combination of two world-renowned sporting programs:

- The ACTAS Basketball Program - ACTAS Scholarship holders are entitled to access to a vast range of cutting edge performance services in sport science, physical preparation, nutrition, psychology, sports medicine, speed and agility and Athlete Career Education (ACE) during the course of their scholarship period
- The National Intensive Training Centre Program (NITP) is the key component of Basketball Australia's national player/coach identification and development strategy. It is a systematic and unified national approach to identify and develop outstanding junior basketballers and coaches in every Australian State and Territory

Former ACTAS/NITP Scholarship holders include Patrick Mills (AIS and Boomers), Alison Lacey (Iowa State University), Alice Coddington (Utah State University), Jesse Wagstaff (Metro State University), Kellie Abrams (Canberra Capitals), Nat Hurst (Australian Opals and Canberra Capitals) and Sarah McAppion (AIS and Troy State University).

Together, the resources of these two programs will offer 20 basketball scholarships for 2009/2010 to athletes turning 14-17 years of age in 2010*.

Ten of these will be full ACTAS/NITP Scholarships including access to the complete resources of ACTAS as outlined above.

ACTAS Men and Women's team will also be nominated in Basketball ACT's Senior State League Division One for the November to March season.

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Selection Criteria

All applicants will be considered according to their:

1. Athletic ability (e.g. speed, height, quick hands, tactical vision and strength)
2. Potential, ability, attitude and desire to become a world-class basketball player and play for Australia
3. Potential to be socially compatible and display an outstanding sense of "team ethic" within a group
4. Very high level of receptiveness to coaching
5. Demonstration of overwhelming desire and commitment to working hard at improving mental and physical skills
6. Desire to succeed in Basketball, educational, vocational and personal life

Selection Process

All applicants' potential to meet the selection criteria is assessed by consultation with Club, Representative, ACTAS/NITP network coaches and national coaches (where appropriate) and through evaluation of performances in:

1. Club games
2. State and representative squad selection trials, training sessions and camps
3. ACTAS/NITP camps and training sessions
4. Southern Junior League
5. Australian Junior Championships

A part of the selection process may include interviews with potential ACTAS athletes to determine goals, ethics, values and compatibility to the program. An interview panel may consist of the ACTAS Head Coach, a Basketball ACT representative and an ACTAS representative.

The ACTAS Basketball Head Coach will then make recommendations to the ACTAS Basketball Joint Management Committee (ACTAS Manager, BA Manager High Performance and the Basketball ACT CEO) for ratification of recommendations.

Once the Squad has full ratification, successful applicants will be notified and the Squad announced publicly via the Basketball ACT website and will be sent a scholarship offer from ACTAS.

Athlete Commitments

The ACTAS/NITP Scholarship year will commence in the first week of October 2009.

Athletes are reminded that there is no guarantee all 2008/2009 scholarship holders will be included in the 2009/2010 squad and that re-application is necessary should you wish to be considered.

All applying athletes should be aware that involvement in the ACTAS/NITP is a significant commitment and requires careful consideration in regard to the time and commitment to take part in the program.

Aspects to consider before applying are study, commitments to other teams and programs, other sports, time management and overall workload. This program is not for everyone and it is important athletes and their parents invest plenty of thought before making the decision to be involved.

The ACTAS/NITP program includes the following areas: local senior competition season, whole squad work, small group or individual work, sports science and management skills, specific strength and conditioning and off season tournament play. Physical testing requirements are managed by the ACTAS Sport Science providers.

ACTAS/NITP Scholarship holders need to have a desire to play for Australia and to that end:

- Attend weekly individual and small group workouts
- Make a commitment to a specific strength and conditioning program (two sessions per week)
- Maintain their best possible standard of academic performance (includes submitting copies of all school reports)
- Maintain and use an electronic training diary
- Trial for ACT State team selection
- Attend all scheduled NITP camps, events, sessions and activities

Sample weekly Representative off-season schedule (indication only):

Monday 6 – 7 pm Club training session
Tuesday 4 – 5 pm Physical Preparation session (ACTAS Lyneham gym or alternate)
Wednesday 7 – 8 am Individual or small group session at athlete's school or central venue
Wednesday evening Senior State League game
Thursday 5 – 6 pm Physical Preparation session (ACTAS Lyneham gym or alternate)
Friday evening Club Junior State League game
Saturday 8 – 10 am Combined ACTAS/NITP session at central venue (Rep off-season)

Confirmed dates for 2009/2010 include:

- Combined NITP Camp with NSW and Victoria Country in Sydney in July (3 days) 2010
- East Coast Challenge Tournament (Vic Metro, NSW Metro and SASI) in Sydney, 13-15 January 2010

Program costs

All NITP Camps cost each athlete approximately \$30 per day.

The East Coast Challenge Tournament trip is still being finalised but costs to athletes will include budget group accommodation, entry fees and transport costs.

As the ACTAS/NITP Program aims to provide equality of access to every potential athlete, all program costs have a degree of flexibility and I would urge any parents or guardians who have reservations about potential participation affordability to contact the Head Coach.

Where does the ACTAS/NITP Program fit into Club and Representative Basketball?

The ACTAS/NITP Program is designed to offer assistance to ACT juniors with the best blend of abilities, potential, desire and attitude to their basketball.

The commitments each athlete makes to their Club and Representative team are extremely important and will be managed thoughtfully to allow a balance for each athlete.

During the Representative season, ACTAS/NITP time commitments will lessen accordingly and the work of the ACTAS/NITP Program will provide specific assistance to better prepare the athletes involved for their competitions. This work will be done in full consultation with Club and Representative Coaches to ensure the best possible experience for scholarship holders.

An example is the current group of Under 14 boys and girls preparing for their Australian Club Championships. Commitments for any athletes selected from these groups would be minimal until they have completed their Under 14 representative programs.

During the Representative off-season, ACTAS/NITP time commitments will be more demanding and include an average of two weekly training sessions and strength and conditioning sessions. There may also be a small number of ACTAS/NITP camps, scheduled to fit in with existing commitments and a short tour to Sydney to play against the best National age talent from Melbourne, Sydney and Adelaide in January.

What do I do if I do not get an ACTAS/NITP Scholarship this time?

The ACTAS/NITP is just one piece of the excellent basketball opportunity system provided in Canberra. Canberra's Representative Programs in 2009 featured a vast array of world-class coaching talents including Barry Barnes (Four-time National Men's Olympic Coach), Greg Evans (Canberra Gunners Head Coach), Carrie Graf (Australian Opals and Current Canberra Capitals Head Coach) and Sandy Tomley (WNBL Assistant Coach and Assistant Coach of the Australian Junior Women's team).

Whilst the ACTAS/NITP will only have 20 athletes on scholarship, as part of its ongoing talent identification program, athletes will be invited to attend specific sessions during the season and take part in events such as the tour to Sydney in January.

In this way, athletes who display the necessary improvement in their Club and Representative commitments will still be offered extra opportunities to assist with their development and that of the entire Basketball ACT program.

Brendan Parnell
ACTAS/NITP Coach

The ACTAS Basketball program is proudly partnered by Basketball Australia, Basketball ACT and the ACT Government through ACTAS

