



Welcome to the Bruins Skills & Development Program. Our goal is to provide an environment where your child can learn the sport of basketball, have fun and meet new friends.

We have classes based on skill level and age range available so that we can find the class that best suits you, and provide your child with a pathway through skill development, competition and beyond.

We offer 1-hour classes that cater to young athletes of all ability levels from the ages of 5-17 years with the opportunity to learn the basic skills and rules of basketball in a fun and friendly environment. Our classes focus on developing fundamentals including dribbling, passing, shooting, footwork, defence and a basic understanding of game concepts. The classes run alongside the school term for approximately 10 weeks.

We hope that your child will fall in love with the sport of basketball and enjoy coming to the stadium. This is the first step in your child's unique basketball pathway starting with:

Aussie Hoops

For children aged 5 to 7 we offer the "Aussie Hoops" program in which Bankstown in conjunction with Basketball Australia aim to introduce the sport of basketball for the first time. These sessions include warm-up games, Skill activities and modified games with an emphasis on FUN and participation.

7 - 10 Years

Our 6-10 year olds can begin at the "Starters" level and can progress in to our more advanced "Cubs" classes which provide new lesson plans and more advanced concepts and challenges.

11 - 17 Years

For our older athletes, ages 11—17 our classes begin at the "Rookie" level. Upon evaluation, athletes are able to move into "Hoopsters" classes which provide new and exciting challenges. This is then followed by our "Rising Stars" classes which aim to prepare our athletes for Junior Local Competition (see page 5) and further development such as our High-Performance classes.

Aussie Hoops (5 - 7 years)

Monday	4:15pm - 5:15pm	5 - 7 years only
Wednesday	4:30pm - 5:30pm	5 - 7 years only
Friday	4:15pm - 5:15pm	5 - 7 years only
Saturday	9:00am - 10:00am	5 - 7 years only

Starters (6 - 10 years)

Monday	5:15pm - 6:15pm	8 - 10 years
Wednesday	4:30pm - 5:30pm	8 - 10 years
Wednesday	5:30pm - 6:30pm	7 - 9 years
Friday	4:15pm - 5:15pm	7 - 8 years
Saturday	9:00am - 10:00am	8 - 9 years

Cubs (7 - 10 years)

Wednesday	5:30pm - 6:30pm	8 - 10 years
Friday	4:15pm - 5:15pm	9 - 10 years
Saturday	10:00am - 11:00am	8 - 10 years

Rookies (11 - 17 years)

Wednesday	4:30pm - 5:30pm	11 - 14 years
Friday	4:15pm - 5:15pm	11 - 14 years
Saturday	9:00am - 10:00am	10 - 12 years

Hoopsters (11 - 17 years)

Wednesday	4:30pm - 5:30pm	13 - 15 years
Wednesday	5:30pm - 6:30pm	11 - 13 years
Friday	4:15pm - 5:15pm	11 - 14 years
Saturday	10:00am - 11:00am	11 - 13 years

Rising Stars (11 - 17 years)

Wednesday	5:30pm - 6:30pm	12 - 15 years
Saturday	10:00am - 11:00am	12 - 14 years

Girls Only Class

Wednesday	5:30pm - 6:30pm	10 - 16 years
Friday	4:15pm - 5:15pm	10 - 16 years

Under 9's Development League

Our Under 9's Development League is designed as the first step towards competitive basketball. This league is for those who have experience in our skills classes and are interested in progressing to games. Our Under 9's competition is held on a Saturday morning at either 9am or 10am. Each week our participants receive 30 minutes of practice followed by 30 minutes of game time, usually 2 x 13-minute halves. Our coaches run our practice sessions and then referee/coach the games to ensure our players are both learning the rules and using the skills they have been practicing. All athletes in the Under 9's must not turn 9 years old during the competition. We run 4 x U9's Competitions each year.

We believe this structure assists in easing the jump from our Skills and Development Program into our Junior Local Competitions.

Saturdays **9:00am - 10:00am or 10:00am—11:00am**
10:00am - 11:00am

High Performance

The Bruins High Performance Program is designed for those athletes who play in our Local Competition and are looking to improve their skills and game. Our sessions are run in an intense environment and structured like a Representative practice. These sessions provide a mix of individual skill, team concepts and an understanding of the Bruins style of play and are perfect if you want to take your game to the next level.

High Performance

Senior HP Wednesday	5:30pm - 6:30pm	14 - 17 years
Junior HP Wednesday	5:30pm - 6:30pm	11 - 13 years
Junior HP Friday	4:15pm - 5:15pm	11 - 13 years
Senior HP Saturday	10:00am - 11:00am	14 - 17 years

2021 Term Dates

Term 1 - 27th of January to the 31st of March 2021

Term 2 - 19th of April to the 26th of June

Term 3 - 12th of July to the 18th September

Term 4 - 6th of October to the 11th December

Classes are run across the school term with a variety of Camps offered throughout the school holidays.

Skills and Development Classes registration process

To **register** for Bruins Skills and Development Classes please visit our website, at <https://www.bruinsbasketball.com.au/>

Click on *Junior Development* then *Bruins Basic Skills Program*



The Bruins Basic Skills program are 1 hour training classes held at the stadium where the children are taught the basic fundamentals of basketball and how fun the sport can be.

Pricing:

New Members Fee = \$25 (one time fee)

Aussie Hoops

Online Registration

Local Competition Player

\$55 per term

Skills and Development

\$90 per term

Under 9's Development League

\$100 per term

High Performance

\$120 per term

Under 11's Rep Prep

\$110 per term

Other Details

Supervision or a guardian must be provided for any participant who is under the age of 15 years. This parent/ guardian must be present throughout the session inside the stadium.

April 2021 School Holiday Camp Dates

Skills and Development Camps

Camp 1: Tues 6th & Weds 7th April

Camp 2: Mon 12th & Tues 13th April

Elite Camps

Camp 1: Thurs 8th & Fri 9th April

To **register** for Bruins Skills and Development Camps please visit our website, at <https://www.bruinsbasketball.com.au/>

Click on *Junior Development* then *Holiday Camps*



Each school holidays Bankstown Basketball Association runs a 2 day Multi Sport Camp and a 1 day Basketball Camp. Both camps are designed to have heaps of fun with lots of prizes to be won.

Equipment

Children are required to wear closed in, comfortable sport shoes and appropriate clothes. Children can purchase a basketball for \$30 upon registration or bring their own from home.

Active Kids Voucher

The Active Kids program provides two \$100 vouchers for parents, guardians, and carers of school enrolled children to use towards sport and active recreation costs each year.

The first 2021 Active Kids Voucher will be released on January 1st 2021, with the second voucher released in July 2021. These vouchers can be used to subsidise costs for all Bruins Skills and Development sessions.

To apply for the Active Kids Voucher please follow the link,
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher> .



For more information and to stay up to date with all the exciting basketball follow Bankstown Bruins on our Social Pages for further details and opportunities available.

<https://www.bruinsbasketball.com.au/>

#BruinsNation

