



**HPP**

**HIGH PERFORMANCE PROGRAM**

*(Formerly NITP)*

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**HPP**

**NPP**

**SPP**

**DAP**

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## **High Performance Program**

### **Rationale**

*Basketball New South Wales's High Performance Program is a three-tier system developed to identify, develop, and foster the skills of young athletes who aspire to compete at the representative, national, and international levels of basketball.*

### **Objectives**

- *Provide ongoing support to existing representative, state and national level players.*
- *Provide coach development and education opportunities.*
- *Provide athletes with an individualised pathway for success.*
- *Set the standard in elite player development.*

### **Note:**

- *Athletes can only be a part of the Developing Athlete Program or State Performance Program, not both.*
- *Only State Performance Program athletes are eligible for selection into the National Performance Program.*
- *Athletes will need to apply annually to join DAP/SPP/NPP, even if they have made said program in the previous year.*  
*-All 3 programs are performance based.*

**HPP**

**—OUR CORE VALUES—**

***Integrity***

***Enthusiasm***

***Perfect Effort***

**OUR values - DEFINE - OUR culture**



**HPP**

## **—OUR VISION— OFFENSE**

*We want to develop an efficient style of play that athletes enjoy being a part of. We will play with pace and aim to be effective with ball movement, dribble penetration, and movement off the ball.*

*Whilst also instilling a selfless mindset into our athletes with an intent to create trust and facilitate the development of a system where athletes play for each other.*

### **WHAT WE VALUE**

**1** *Pace/Poise/Penetration*

**2** *Decision Making*

**3** *Shooting*

**4** *Selflessness*



**HPP**

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## **—OUR VISION— DEFENSE**

*We want to develop an effective defensive system that athletes can thrive in and be confident playing in. We will value the development of individual containment and instil the importance of a relentless state of mind. Whilst also instilling a belief in commitment, responsibility, and accountability to maximise our ability to contain our opposition.*

### **WHAT WE VALUE**

**1**

*Pressure*

**2**

*Containment*

**3**

*Multiple Efforts*

**4**

*Communication*



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## ***Developing Athlete Program***

### ***Rationale***

*The Developing Athlete Program (DAP) is the first tier of Basketball NSW High Performance Program. From the athletes perspective there is a strong focus on the identification, development, and support of individuals aged 13-17.*

*The Developing Athlete Program also serves as platform to develop and educate aspiring elite coaches. Basketball NSW will provide expert coaching with elements of mentoring, training, education and support.*

### ***Objectives***

- *Identify individual athletes with the potential to use basketball as a vehicle to assist them in achieving their life goals.*
- *Introduction to Basketball NSW High Performance Program values and standards.*
- *Introduction to the High Performance Program's basketball philosophy in a practical setting.*
- *Introduction to the High Performance Program's habits & standards for training and competition.*
- *Identify, develop, and mentor coaches.*



# DAP

## **Strategies**

*Athletes involved in the DAP will be asked to commit to the following:*

### **Metropolitan**

- Weekly workout in the morning at a DAP venue (Up to 8 in Sydney).
- Completion of weekly take-home Strength & Conditioning program

### **Country**

- Squad training and/or camp at a Regional Academy of Sport (RASi) based on geographic location of athletes.
- Completion of weekly take-home Strength & Conditioning program.

### **Both**

- 1 live in camp at a central venue in Sydney  
-There will be a camp for Males and a camp for Females

## **Athlete Identification**

*For the initial identification of athletes wanting to be a part of the DAP, there will be trials on the following dates:*

### **Metro**

- Males (Born 2004, 2003)  
05/09/2016 – 5:30-7:30pm @ Trinity Grammar School  
06/09/2016 – 5:30-7:30pm @ Trinity Grammar School
- Males (Born 2002, 2001, 2000)  
05/09/2016 – 7:30-9:30pm @ Trinity Grammar School  
06/09/2016 – 7:30-9:30pm @ Trinity Grammar School
- Females (Born 2004, 2003)  
12/09/2016 – 5:30-7:30pm @ Trinity Grammar School  
13/09/2016 – 5:30-7:30pm @ Trinity Grammar School
- Females (Born 2002, 2001, 2000)  
12/09/2016 – 7:30-9:30pm @ Trinity Grammar School  
13/09/2016 – 7:30-9:30pm @ Trinity Grammar School

## DAP

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### **Country**

*Country athletes will trial at their closest Regional Academies of Sport (RASi).*

*Direct links for all Regional Academies of Sport (RASi) can be found on the following website:*

*<http://www.academygames.com.au/members/member-academies>*

*Information regarding trial dates and times can be found through specific Regional Academies of Sport (RASi) websites. Basketball NSW will also advertise this information once it becomes available.*

### **Athlete Identification continued.**

*Subjectivity is an unavoidable element of selection to the DAP.*

*Each athlete will be considered against all criteria:*

- Outstanding desire and commitment to working hard at improving mental, physical and basketball skills.*
- Demonstrated desire to develop their basketball skill set and broadened their basketball journey.*
- Coachability*
- Athletic ability i.e. speed, height, power/strength*
- Demonstrated attitude and approach to help strengthen the DAP Program.*





## **State Performance Program**

### **Rationale**

*The State Performance Program (SPP) is the second tier of the Basketball NSW High Performance Program. The program exists to assist in identifying, developing, and preparing athletes in the Under 16 & Under 18 age group to represent New South Wales at the Australian Junior Championships.*

*We are currently looking for athletes born in:*

*2003 (U14)*

*2002 (U15)*

*2001 (U16)*

*2000 (U17)*

*Interested athletes will complete a nomination form with the Basketball NSW Coaching department in conjunction with SPP Network coaches selecting from the pool of applicants.*

### **Objectives**

- Identify individual athletes with the potential to use basketball as a vehicle to assist them in achieving their life goals.*
- Identify individual athletes displaying characteristics and ability of an elite athlete.*
- Transform potential into talent by developing, supporting, and guiding athletes.*
- Increase face-time with expert coaches.*
- Educate athletes about strength and conditioning, sports medicine, and sports science concepts.*
- Prepare athletes for Australian Junior Championships.*
- Provide development and mentoring opportunities for network coaches.*

# SPP

## **Strategies**

*Athletes involved in the SPP will be asked to commit to the following:*

### **Metropolitan**

- *Weekly on-court session and Strength & Conditioning session in the afternoon at a predetermined central venue.*

### **Country**

- *Weekly session with an approved SPP Network Coach.*
- *4 scheduled Regional Hub Camps (one day mini camp with athletes in your geographic region; North, West, South).*
- *Completion of weekly take-home Strength & Conditioning program.*

### **Both**

- *3 live in camps at a central venue in NSW.*

## **Athlete Identification**

*Subjectivity is an unavoidable element of selection to the SPP.*

*Each athlete will be considered against all criteria:*

- Potential to compete successfully at AJCs*
- Athletic ability i.e. speed, height, power/strength*
- Demonstrated attitude and approach to help strengthen the SPP Program.*
- Coachability*
- Demonstrated desire to succeed not only in basketball, but in educational, vocational and personal life.*
- Outstanding desire and commitment to working hard at improving mental, physical and basketball skills.*

*Participation in the following events will be utilised as opportunities to both identify and grade athletes who have nominated to be a part of the SPP:*

- *Australian Junior Championships*
- *East Coast Challenge/Australian Country Junior Basketball Cup*
- *D-League*
- *BNSW Junior State Championships*
- *BNSW Junior Leagues*
- *BNSW affiliated camps*



## **National Performance Program**

### **Rationale**

*The National Performance Program (NPP) is the top tier of the Basketball NSW High Performance Program. The program aims to facilitate an effective and efficient intensive program for NSW's elite basketball athletes.*

*The NPP will provide development, training and support for athletes identified at the national level. Whilst also aiming to prepare athletes for selection into the Australian Under 17 and Under 19 junior teams, and beyond.*

*Training programs focus on individual physical skills, technical skills, and tactical knowledge at the international level. Each NPP athlete will receive an Individual Performance Program formulated in conjunction with the athlete, coaching staff, strength and conditioning staff, and other support staff. In formulating the Individual Performance Program each individual athlete's training workload, work and academic commitments will be taken into account to ensure every athlete has the greatest chance of achieving success.*

*NPP athletes will also be a part of the SPP.*

### **Objectives**

- *Identify and prepare individual athletes with the potential to perform on the international stage.*
- *Formulate personalised Individual Performance Programs with an aim of implementing a pathway to provide an athlete with the greatest chance of success.*
- *Increase face-time with expert coaches.*
- *Provide development and mentoring opportunities for network coaches.*

## NPP

### **Strategies**

*Athletes involved in the NPP will be asked to commit to the following:*

#### **Both**

- Weekly individual workout with approved NPP network coach.
- Completion of weekly Strength & Conditioning program.
- 6 squad camps (one day mini camp)
- Basketball Australia physical testing battery
- Individual Performance Program

### **Athlete Identification**

*Subjectivity is an unavoidable element of selection to the NPP.*

*Each athlete will be considered against all criteria:*

*-Potential to compete successfully at an international level.*

*-Athletic ability i.e. speed, height, power/strength.*

*-Coachability*

*-Demonstrated desire to succeed not only in basketball, but in educational, vocational and personal life.*

*-Outstanding desire and commitment to working hard at improving mental, physical and basketball skills.*

*Participation in the following events will be utilised as opportunities to both identify and grade athletes who have been identified as NPP:*

- Australian Junior Championships.
- Application and commitment to the SPP.



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