

DIVISION THREE

WHAT IS OUR DIVISION THREE PROGRAMME?

DIVISION THREE is a camp-style training & competition programme for aspiring junior players.

A place in our division three is offered to players that missed out on a place in our Regional or Club divisions and teams. Through strategically designed games, this fast paced, competitive setting helps motivated young players learn the style of play we teach in our club. Our aim is to grow your game through concepts, situations and actions that translate to future success.

DIVISION THREE has a few main areas of focus:

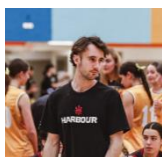
1. **Tactical:** Shot selection, court spacing & reading advantage
2. **Technical:** Weak hand, layup technique & shot form
3. **Movement:** Change of direction, lateral movement, balance
4. **Social:** Making friends, trusting teammates, communication
5. **Psychological:** Confidence, self-belief, work ethic



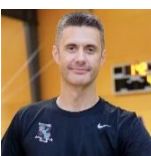
HOW DOES DIVISION THREE WORK?

DIVISION THREE consists of two phases: **Training phase is a weekly Sunday training where our coaches run a basketball camp with skill challenges and full court activities founded on our style of play.** Players can expect an experience similar to the way our trials were structured – big groups across both courts in high intensity, full court games! **We will then shift to Phase 2 where we add formal 5v5 games on a Friday night at the North Shore YMCA.** This is an internal league for DIVISION THREE teams where we split players into even teams and have them compete against each other with officials, score bench, etc. Competition phase allows players to connect concepts in training to the 5v5 setting.

WHO ARE THE COACHES?



Cain Nuttall has been a part of the Harbour representative program for the past 5 years, working with all age groups ranging from U14 girls to Senior men. Cain has recently graduated with a bachelor's degree in Sport & Recreation, with a focus on Coaching and Performance analyst



Mike Robinson is a Glenfield College Old Boy who has been a part of Harbour Basketball in the past in both the academy and representative spaces. Mike has spent the past 7 years working at Sacred Heart College as their Head of Basketball, and coached previously at Birkenhead, Glenfield, and Whangaparaoa Colleges. Mike has a Postgraduate Diploma in Sport and Exercise from AUT, alongside working there as a Teacher Aide and has a real passion to work with young student athletes in the basketball space.



Theo Johnson is a Otumoetai College (Tauranga) and Rosmini College old boy with a wealth of basketball experience. He has played NZ age group for U18, U18 3x3 World Cup and U20. He has won two NZ National NBL titles with the Wellington Saints and played for the Manawatu Jets, Nelson Giants, Auckland Huskies and the Super City Rangers

WHEN AND WHERE DOES DIVISION THREE MEET?

- **Training:** Sunday mornings, Aug 11 to Nov 3
 - Time: (TBC)
 - Location: AUT Sport & Fitness Centre. 90 Akoranga Dr. Northcote. (TBC)
- **Competition:** Friday evenings, Sept 20 to Nov 8.
 - Time: Between 4pm and 9pm (TBC – based on draw)
 - Location: North Shore YMCA

WHO IS DIVISION THREE FOR?

DIVISION THREE is for eligible U14 and U12 players who love basketball, want to get better. While many players do aspire to make a Harbour club or representative team in the future, this is not a prerequisite to attend. At this point, we expect to have two age groups (assigned following confirmation of enrolment)

- U14 Boys (2 Groups)
- U12 Boys (2 Groups)

To ensure that players are challenged appropriately, our coaches may shift your age group after initial evaluation. Changes can be made in the future based on changes in skill development, confidence and game understanding. All decisions will be communicated to the player and parent.

PROGRAMME FEES

U14 Boys	\$345	Your fees go towards coaching payments, coach development services, a competition uniform (to be returned at end of season), training venue hire, competition referees, competition venue hire, director fees, competition entry fees, administrative fees and a Harbour t-shirt.
U12 Boys	\$345	

CONTACT US:

Harbour Basketball reserves the right to make changes, as necessary. Each year, issues emerge that were not predicted. This can include unexpected changes in facility, coaches and managers. We appreciate your understanding! Don't hesitate to reach out to us with any questions or feedback:

- Claire McCurran, Representative Coordinator: representatives@harbour.basketball