



Alexandra Hills State High School

# Basketball Academy

NEWSLETTER – Term 1, 2020

## Basketball Academy Tip-Off!

Congratulations to all students who were successful in applying for the Basketball Academy. We have over 100 students in the academy with every year level represented.

The Basketball Academy is an exciting new opportunity for students at AHSHS. Although we have only just started we have had a great response from staff, parents, the community and most importantly from the students. This is evident with the effort displayed at training sessions and games so far.

Year seven students had a longer trial period, with the successful year seven Basketball Academy students announced late March.



Now the trials are over, the hard work starts! Term One was all about team selection, getting to know our players and starting to build on key skills and development. Next terms focus will be fitness and continued skill improvement.

Students will undergo basketball specific fitness testing with records to be published on our school's website page. Because this is our first year each teams best performer for the specific fitness test will be the record holder!

While the COVID-19 virus has changed a lot of plans in regards competitions, delays on orders, social distancing during training etc. We will still have events for students to maintain focus and motivate them to improve.

## Jerseys Are On The Way

Team kits (reversible jersey and basketball shorts) have been ordered and are predicted to arrive early Term 2. The kit is needed for games and training.



An electronic scoreboard for our hall court is predicted to arrive at the end of term 2.



### Competitions Update

Due to COVID-19, interschool competitions have been cancelled. However, at present the QLD Basketball Schools Championships is still planning to go ahead. This competition is held in September and October. We have entered six teams three male and three female teams in the open, junior and middle school divisions. This competition is the top level Basketball QLD has to offer. Our major event for the year!



The 'AHSHS Basketball Academy Festival' is another event students can look forward to. With competitions in the skills challenge, three point shoot-out, the ultimate elimination and teachers vs students game. All students will have the opportunity to show off their skills to the rest of the school and claim a prize!

### Online Basketball Drills & Prizes



Check out the Basketball Academy drills available online via the Blackboard platform. It's a great way to stay motivated and continue your training from home.

There's weekly fitness tasks, including demonstration videos, for Introductory (Year 7), Junior (Years 8-9) and Senior (Years 10-12).

We have prizes to give away to the top female and male student. Each week a new challenge will be uploaded. This can be found in the 'Weekly Challenge Information' tab on the left. In order to be eligible for the prize you need to write your score (depending on the challenge) in the Blackboard Discussion Board each Sunday by 5pm.

We have also posted links to a number of female and male college basketball games in America. These games have been selected because of the skills, determination and effort displayed throughout the game. It would be a great idea to watch a particular player who plays the same position as you. Watch what they do with the ball and without the ball, where are they on offense and defense.

### Brisbane Bullets Coaching Clinic

Last December, we were fortunate enough to have the Brisbane Bullets Coaching Clinic attend our school. Jeremy Kendle held training clinics for students in years 7, 8 and 9. The basic fundamentals of basketball were taught in a fun, supportive environment. Students also participated in shooting competitions during the lunch break. All participants were given a 'Brisbane Bullets Showbag' at the end of their session. This was a great way to promote the Basketball Academy within our school. We would like to thank Jeremy and the Brisbane Bullets for their support.





### Meet the Coaches



**Mr Powell** - Academy Coordinator

Coaching - Year 7 Boys, Year 8 Boys,  
Open Boys

Favourite Teams - Miami Heat,  
Brisbane Bullets



**Mr Compton-Myer**

Coaching - Year 7 Girls, Year 9 Boys,  
Open Girls

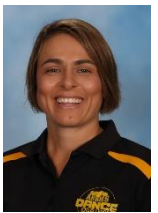
Favourite Teams - Houston Rockets,  
NZ Breakers



**Miss McKendry**

Coaching - Year 9 Girls

Favourite Team - LA Clippers,  
Melbourne Boomers



**Mrs Carmody**

Coaching - Year 8 Girls

Favourite Team - LA Lakers, Sydney  
Kings



**Mr Fitzpatrick**

Coaching – Year 10 Boys

Favourite Team - Chicago Bulls,  
Brisbane Bullets

### Year 7 Team Reports

In Year 7, there were 20 female students and 20 male students selected to represent AHSHS at the interschool GALA days. Having 20 students per

squad meant we could enter two teams into the competition.

The girl's competition was held at Brisbane Bayside College. They had some good results from day one. Coach Compton-Myer is very pleased with the girls' effort and is excited about the future of this team. Keep up the good work girls!

The year seven boys competition was held at Victoria Point State High School. Both teams were very successful with the A team winning all four games and the B team having three wins and one loss. The most pleasing aspect of our performance was the ability for students to play as a team.

### Year 8 & 9 Team Reports

For the year 8 and 9 students, the Basketball Academy hit the ground running straight away. Once students were selected, the interschool competition started.

The girl's teams started with some very close competition. Improvements are evident each week, with their commitment to trainings paying off.

The boy's teams also started well with the grade 9s recording a big win in their first game! The year 8s have also recorded some good wins in a very competitive competition.

In amongst the training sessions and games this term, these students were also given the opportunity to select their playing jersey number and uniform sizes. These will arrive early next term!

### Year 10 & Open Team Reports

The year 10 and open students have had a mixed start to the year. The girls team started their interschool competition straight after trials, whereas the boys have been training, waiting for their chance to play in competitions next term.





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The goal for the open girls' team this year is to improve basketball skills and knowledge while developing team connection. With this the aim is to qualify for the state competition held in September.



The year 10 and open boys' teams have been training hard, working on their shooting technique and gameplay. The aim for these boys is to improve on last year's grand final loss at the QLD competition. Putting in the hard work now will pay off, come September.



## Homecourt Basketball App

'Homecourt' basketball app, is currently available for free until April 30th. Sorry Android users, it's only for iOS. This app has a number of drills focusing on shooting, dribbling and basketball fitness. For each drill or activity, there are multiple levels, so you can improve your skills and challenge teammates. For those students who are fortunate enough to have a basketball hoop at home, this app can actually record how many shots you attempt / make. It also shows your shots trajectory. This allows you to see if you shot is too flat. We strongly recommend you check it out.

## Community Basketball

Can't get enough basketball? Community basketball teams are running in the Redlands, like the Alex Hills Raiders which train at our school, outside of school hours.



The local community competitions are run by RedCity Roar. For more information, visit their website: [www.redcityroar.com.au](http://www.redcityroar.com.au)



## Sponsorship Opportunities

We are looking for the support of local businesses to help build our program through financial or product based sponsorship.



If you know of someone or a company who may be interested, we would love to hear from you! Please contact Basketball Academy Coordinator, Nathan Powell, by email at [npowe50@eq.edu.au](mailto:npowe50@eq.edu.au) for a 'Sponsorship Info Pack'.