



# Basketball Academy

NEWSLETTER – Term 2, 2020



The QLD Basketball Schools Championships have been given the green light and we have gained automatic nomination for the following divisions:

**Sophomore Division** (Combined year 7 & 8), Girls and Girls teams. **Junior Division** (combined year 9 & 10), Boys and Girls teams. **Open Division** (combined year 11 & 12), Boys team.

The Open Girls have not gained automatic qualification, but have been invited to compete in the wildcard tournament, with the winner gaining qualification into the QLD competition. The wildcard competition will take place on August 6<sup>th</sup>-7<sup>th</sup>.

Our teams will continue to train hard in preparation for these competitions. As this is ultimately the highest level of basketball offered in QLD.

## Nothing Can Stop Us!

COVID may have slowed us down but it didn't stop us! With Basketball Academy being forced to go online, students were completing basketball specific fitness training from home. With weekly challenges being added to really push each other. Thank you to all students who submitted their video footage. Congratulations to the following weekly challenge winners:



Week 1	Week 2	Week 3	Week 4	Week 5
Meah & Jett	Zoe & Jett	Mikayla & Alex	Angelle & Alex	Zoe

## Exciting New Partnership

We are excited to welcome 'RedCity Roar' as our platinum sponsor for 2020. RedCity Roar is the local Basketball Association for Basketball QLD and operate out of the Capalaba PCYC.



They run club and representative teams for primary and high school aged students, plus senior basketball competitions for any parents who would like to give it a go!

Our coaching staff will be working closely with the Head Coach of RedCity Roar, to ensure our coaches have the latest knowledge and coaching strategies.

Students will also have opportunities to complete coaching, refereeing and scoreboard officiating courses. Refereeing and scoreboard officiating are paid roles, making a great part time job opportunity for our senior students.

We encourage all of our members to join the RedCity Roar Facebook Page. This has information regarding casual shoot around times at the PCYC, club and representative trial details and information regarding how to purchase tickets to see the Open Men and Women play in the QSL competition.



*"RedCity Roar is excited to partner with the Alexandra Hills State High School and the creation of their Basketball Academy. Basketball is booming in the Redlands and we see Academy's like this, as another opportunity for students to fall in love with the game and develop. RedCity Roar is keen to promote the program and assist in the development of it's players and coaches."*



Alexandra Hills State High School

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## Jerseys Have Arrived

The new playing kits have arrived and they look terrific! We look forward to seeing students succeed in them.

Students are only to wear the kit for training sessions and competition games. Competition rules require all players to have a matching kit, so students need to take care of it so they can participate in competitions.



## Women's Basketball World Cup



The highest level in female basketball is coming Down-Under! Australia will host the FIBA Women's Basketball World Cup in 2022.

With Australia currently ranked number 2 in the world, the Opals have a great chance of winning gold. We look forward to analysing and learning from the Opals performances at this competition, and maybe having a chance to cheer them on in person!



We can't wait for the Basketball Academy Festival in Term 4 (once the competition season is finished). We have great activities planned, including the **'Ultimate Eliminator'** challenge, for all Basketball Academy students, to determine the best shooter on the day.

This term, students will trial for the **Three Point Shoot Out** and **Skills Challenge**, with the top two players from each year level qualifying to take part in these events during the Basketball Festival.



### Player Of The Match Awards

Costa's Seafood Café (located in Capalaba) have joined our Basketball Academy by donating a free meal to the 'Player of the Match'. They support great sportsmanship and team work, which are important qualities of a successful basketball team.

With our senior boys interschool season tipping off this term, Baylee was our first recipient of the 'Costa's Seafood Café Player Of The Match Award'. Baylee had a solid game on both ends of the court and showed great teamwork.



### Skills Corner - Dribbling

All basketball players need to dribble the basketball with control, while also looking up.

Some simple activities to improve your dribbling skills include:

**Stage 1:** Standing on the spot, dribble the basketball with your right hand. While throwing and catching a tennis ball in your left hand. Once you have mastered this, try swapping hands.

**Stage 2:** Try walking. Increase your speed to a jog as you improve.

**Stage 3:** Swap the role of the tennis ball and basketball. Start by being stationary, add in a walk or a jog as you start to improve.



Image from basketballhq.com

### 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, and compete on Saturdays at the Capalaba PCYC.



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 us for a 'Sponsorship Information Pack':

[basketball@alexandrahillsshs.eq.edu.au](mailto:basketball@alexandrahillsshs.eq.edu.au)