

## BASKETBALL - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

**The Western Region Academy of Sport (WRAS)** is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities. The WRAS basketball program is endorsed by Basketball NSW as the first step in the elite athlete pathway and represents the Developing Athlete Program (DAP program) for the Western Region. The program sits between local representative basketball and higher order representation such as NSW state country team selection. Athletes in the Basketball NSW SPP program are eligible to trial for the WRAS program.

### Who can nominate for the WRAS 2023 basketball program?

- Athlete must turn 13, 14, 15, 16 or 17 in 2023 (birth years 2006-2010).
- Athletes must reside or attend school in the WRAS catchment area.
- Athletes must be a current registered member of their local association and Basketball NSW.
- Athletes are expected to be playing local representative basketball.

### Proposed Program of Events – guide only

The WRAS basketball program will run from October 2022 to April 2023 with presentation in August 2023.

- Late September – Online Induction for new and returning athletes – this may be in conjunction with other WRAS sports
- 16 October 2022- Testing and Training Day
- 12-13 November 2022 – Orientation and Training (Bathurst)
- November/December 2022 – inter-academy camp – dates and location TBC
- January 2023 – Coastal Classic competition (Central Coast) **(U18's age group only -TBC)**
- 21-23 April 2023 – Academy Games in Wagga Wagga **(U16's age group only)**
- 4 squad training days in 2023 before Academy Games – dates and locations TBC once BNSW calendar released
- Weekly home basketball training program and option to attend satellite session in your hometown
- Strength and conditioning training program between Orientation and the Academy Games **(not available to U14s)**
- August 2023 – WRAS presentation evening

### How are selections made?

- Basketballers wishing to be considered for the basketball squad must complete the WRAS nomination form before the closing date/time and attend one trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criterion is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

### What is expected of an athlete?

- If selected in a squad WRAS expects that this is the athlete's primary sport of participation
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. Senior and graduate squad athletes are also expected to undertake a strength and conditioning program.

### What does the WRAS program cost?

The 2023 basketball program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes.

Returning athlete compulsory Uniform cost			\$34
New athlete compulsory uniform cost			\$240
All athletes will receive a WRAS Uniform subsidy – to be used for uniform costs only			-\$34
Athlete levy – Senior Athlete	\$292	Athlete levy (no S&C) – Development athlete U14s	\$232
<b>TOTAL Senior Athlete RETURNING</b>	<b>\$326</b>	<b>TOTAL Development Athlete RETURNING</b>	<b>\$266</b>
<b>TOTAL Senior Athlete NEW</b>	<b>\$532</b>	<b>TOTAL Development Athlete NEW</b>	<b>\$472</b>

**All selected athletes will be able to apply for financial assistance from funding received from some of the Central West ClubsNSW member clubs. All athletes will be advised how they can offset their WRAS program costs by seeking personal sponsorships through the 'Friends of the Academy' program.**