

AFTER SCHOOL BASKETBALL

GESAC WEDNESDAY PREP & YR.1 TRAINING TERM 3 2023



Where our future stars grow



TRAINING

To prepare children for basketball competition, a term of training is highly recommended. Boys & participate in weekly training sessions which teach the basics of individual basketball skills and teamwork. Team work is fostered through team activities and modified basketball games. Playball's **experienced basketball coaches** conduct the 40-minute sessions. Balls & equipment supplied. Ring are lowered to 8.5 feet. Size 5-Balls used.

Place: GESAC, Bentleigh East. (GEWED TR)

Season: Term 3: Wednesday 12 July to 6 September (9-weeks) for Training
Term 4: Wednesday 4 October to 29 November (9-weeks)

Term 4 YR.1's: Enter existing Wed-YR.1 Competition. **Term 4 PREPS:** Start Train & Play on Wednesdays.

Times: Choose a Time: **4:05, 4:50, 5:35PM.**

Awards: All teams play on final night: **29 November.** Presentation after each game. All players receive a ribbon.

Coach & Team Manager: Required by all teams. Working with Children Checks are required by Team Manager & Coach who is 18 years or over. They are free to obtain ONLINE.

Cost: **Term 3:** Individual: \$90.00 per child (+\$5 Basketball Vic Term 3 Insurance) **OR**
Term 3: Team Entry: \$920.00 per team. 9-weeks. Byes \$80.00 CR. (+\$29 Basketball Vic Annual Insurance)

Closing date for new teams: Wednesday 21 June 2023.

TRAIN & PLAY TERM 4 2023

Playball will be running Train & Play in Term 4 prior to entering Term 1 Regular Competition.



The Format for PREP (YR.1 JOIN EXISTING YR.1 WED COMPETITION)

- A **Boys** competition from Term 4 2023. **Girl/Mixed** competition from Term 4 2023.
- 12 minutes of team training by Playball Coaches.
- Two x 12-minute halves of modified competition (7 to 9 players recommended per team)

Train & Play includes

- No scores recorded on the scoreboard and no scoresheet
- Low ring setting of 8.5 feet.
- Start Times at 4:05, 4:50, 5:35 start.
- Modified rules – easy on violations. Coach/ Referees explain all decisions to all players.
- Bring a ball – Playball will have some spares to borrow on the night if one forgets.

Place/ Times: GESAC, Bentleigh East. Rotate b/w: 4:05, 4:50, 5:35PM.

Season: Term 4: Wednesday 4 October to 29 November (9 weeks). **Train & Play** Term 4 [Team Entry Link](#)

Awards: End of Term 4 - Participation Ribbon. All Teams enter regular competition from Term 1-2024

Team Manager: Required by all teams. Note: Working with Children Checks are required by all Team Managers (and Coaches) who are 18 years or over. They are free to obtain online.

Cost: **Term 4:** \$920.00 per team, 9-week Term. Byes refunded at \$80.00. No Door-Entry or Team-Sheet fees apply. Basketball Vic. Annual Player Registration & Insurance: \$29.00 per player – paid by parent via Play-HQ.