



PETER CARNLEY
ANGELICAN COMMUNITY SCHOOL

Basketball Academy Handbook



Basketball Academy Handbook

Aims

The Peter Carnley Anglican Community School Basketball Academy has the following aims:

- Provide students with the opportunity to receive specialist basketball coaching to help students increase their skill execution and decision making in a competitive game environment.
- Provide students with knowledge on Basketball specific Sports Science concepts (Sports Nutrition, Injury Prevention, Sports Psychology, Strength and conditioning training, and Exercise Physiology).
- Provide students with the tools to increase their performance at a domestic and WABL level while also providing pathways for State Level selection and representation.
- Promote the personal development of students with a focus on teamwork, sportsmanship, and leadership.
- Encourage students to contribute to community sports as players, coaches, and umpires.
- Support the School's vision of offering a specialist programme to increase PCACS Basketball quality at an Interschool and Club level.
- To develop a high-quality, high-profile specialist sports programme that contributes to the reputation of Peter Carnley Anglican Community School.

Expectations of students enrolled in the PCACS Basketball Academy

- Maintain an Academy attendance rate of 90% or higher. This includes before School training sessions.
- Maintain uniform standards in all areas of their schooling (School Uniform, PE Uniform and Academy Uniform). No more than 3 uniform violations per term.
- Students must maintain a satisfactory level or higher in their Learner Attributes.
- If injured, students are still required to attend all training sessions, but you will not be expected to participate. Adjusted training sessions will be provided for injured students if they are capable of light duties.
- Full participation in Interhouse and ACC Carnivals.
- School Basketball comes before Club Basketball. Exceptions include:
 - WABL (Possible exception – must confirm with Mr Joshua Wallace)
 - WA State Team Selection
- Be available to compete in RKAS Basketball teams and Carnival Basketball teams if selected into a representative team.
- Students in the Basketball Academy are not able to select Basketball as an option for Lightning Carnivals.



PETER CARNLEY
ANGLICAN COMMUNITY SCHOOL

Year 5 and Year 6

Students will begin to develop knowledge of gameplay and rules, with a focus on the following skills:

Basketball Fundamentals	Sporting Skills
Dribbling	Working in a team environment
Passing	Developing sportsmanship skills
Footwork	Developing leadership skills
Layups	
Jump Shooting	

Year 7

Students will continue to develop their basketball fundamentals and begin to develop skills involving different elements of offensive and defensive concepts. Students will be exposed to the components of fitness through regular testing.

Offensive Gameplay	Defensive Gameplay
Creating offensive advantage situations	Defensive help positioning
Correct court spacing	Defending 1v1
Reading and reacting to ball and player movement	Disrupting ball movement
Introduction to PCACS Style of Play	Introduction to PCACS Style of Play

Year 8

Students will expand on concepts taught in Year 7 and have continued exposure to the components of fitness through regular testing.

Year 9

Students will begin to transition their skills into gameplay situations and learn more advanced basketball concepts and gameplay in the following areas:

Offensive Gameplay	Defensive Gameplay
Offensive Transition Principles	Defensive Transition Principles
Ball and Player Movement	Closing Out on the Ball
Exploiting Numerical Advantages	Help the Helper Rotations
Correct Shot Selection	Protecting the Basket and Taking Charge

Year 10

Students will continue to work on and master what they have learned in Year 9, with the addition of:

- Disrupting Ball Movement
- Stopping Penetration Moves
- Progressing on Helping and Rotating

Training Schedule

Year 3 and Year 4

One training session before School in the KLC from 7.00am – 8.00am on Thursday mornings. Following the training session, students will be dismissed to get changed into their school uniform before the commencement of lessons.

Year 5 and Year 6

One training session after School in the KLC from 3.20 – 4.20 pm on Tuesday afternoons.

Year 7 and Year 8

Two training sessions before School in the KLC from 7.00am – 8.00am on Monday and Wednesday mornings. Following the training sessions, students will be dismissed to get changed into their school uniform before the commencement of lessons.

Some additional training sessions and games may be scheduled outside of School hours in preparation for Interschool Carnivals and Competitions. All selected students are expected to attend these sessions.

Year 9 and Year 10

Students are enrolled in the Basketball Sports elective and have a double period and one single period, three periods total of Basketball each week that are timetabled during the school day. The double period will be on court and the single period will focus on a variation of:

- Form Shooting
- Structure
- Umpiring/Coaching
- Sports Science

Some additional training sessions and games may be scheduled outside of School hours in preparation for Interschool Carnivals and Competitions. All selected students are expected to attend these sessions.

Academy Staff

Basketball Academy Coordinator: Joshua Wallace

Coaching Experience and Qualifications:

- Bachelor in Secondary Education (Health and Physical Education)
- Level 2 Accredited Coach (Association Coach)
- Level 0 Accredited Umpire
- Cert III and Cert IV in Group Fitness and Personal Training
- 10 Years Domestic Coaching Experience (2014 – 2023)
 - Willetton Domestic Competition
 - Redbacks Domestic Competition
- 10 Years WABL (West Australian Basketball League) Coaching Experience (2014 – Present):
 - U12 Championship Division Girls
 - U14 Championship Division Girls



PETER CARNLEY
ANGLICAN COMMUNITY SCHOOL

- U16 Championship Division Girls
- U18 Championship Division Girls
- U20 Men
- 3 Years NBL1 Assistant Coach (2019-2021)
- Coach and Player Development Officer (2021)
- PCACS Basketball Academy Coordinator (2023 – Present)

Basketball Academy Head Coach: Ricky Grace AM

Playing Experience:

- Selected by the Utah Jazz in the 1988 NBA Draft
- Played for the Perth Wildcats from 1990-2005
- 4x NBL Champion
- 2x NBL Grand Final MVP
- 4x All NBL First Team
- All Time Leader in Wildcats History for:
 - Games Played (482)
 - Points Scored (8802)
 - Assists (3470)
 - Steals (734)
- Played for Australian Boomers in the 2000 Olympic Games
- Inducted into the Australian Basketball Hall of Fame (2010)

Coaching Experience and Qualifications:

- Curtin University Head of Basketball Operations (2021 – Current)
- USA AAU (Amateur Athletic Union) National Champion – Head Coach
- WABL (West Australian Basketball League) State Champion – Head Coach
- Head Coach of Grace Basketball – Specialist in Skill Development
- Bachelor of Arts (Political Science) and Masters in Educational Leadership

Application and Selection process

Students in Year 6 and Year 7 are welcome to apply (via the School website) to join the following year's Year 7 and Year 8 Basketball Academy programme during Semester 1 and Semester 2 each year. Late applications will be placed on a wait list and only assessed if places become available.

Trials for Year 6 and Year 7 students will be held late Term 2.

Students that are in the current Year 7 Basketball Academy do not need to reapply but need to attend the trials to hold their place in the Year 8 Basketball Academy.

Students in Years 9 and Year 10 who have enrolled in the Basketball elective do not need to complete the application form.

Student selection is based on the trials, previous involvement in PCACS or other Club level basketball, and the student's attitude, behaviour and effort record outlined in School reports.

A confirmation of enrolment in the Academy, the Basketball Academy Handbook, and an Agreement to Enrolment Conditions form will be sent to families in Term 3.



PETER CARNLEY
ANGLICAN COMMUNITY SCHOOL

Fees

An Academy fee of \$50 per Term applies to students in Years 3, 4, 5, and 6. For students in older age groups, the fee is \$100 per Term. This fee is in addition to the standard School fees and will be billed separately.

Three weeks before the end of each Term, the HPE Department will contact families to confirm their places for the following Term. Families must confirm their participation by the end of the second last week of the Term.

During the last week of the Term, the Finance Department will send payment notifications and Trybooking links to families via SEQTA. Payments can be made annually, per semester, or quarterly. All basketball fees must be settled before the start of the new Term. Failure to pay by this deadline may result in the cancellation of the confirmed place. If fees remain unpaid, parents will be notified that their child's place has been cancelled, and a new student will be selected to fill the vacancy.

Uniform

The Basketball Academy uniform is \$80 (top and shorts) and is to be purchased from the Uniform Shop before the commencement of the Term 1 training programme.

Estimated Costs Per Year Group

Year 3 – Year 6	<ul style="list-style-type: none">• \$50 per term (Fees)
Year 7	<ul style="list-style-type: none">• \$100 per term (Fees)• \$80 for Basketball Academy Uniform
Year 8	<ul style="list-style-type: none">• \$100 per term (Fees)• \$80 for Basketball Academy Uniform
Year 9	<ul style="list-style-type: none">• \$400 for elective selection (Fees)• \$80 for Basketball Academy Uniform• \$20 for Beginner Referee Course• \$20 for Beginner Score Table Course• Whistle (Fox40 is recommended - \$15)
Year 10	<ul style="list-style-type: none">• \$400 for elective selection (Fees)• \$80 for Basketball Academy Uniform• \$60 Introduction to Sports Taping Course (Course is optional)• \$90 for Level 1 Referee Course (Course is optional)• \$100 for Club Coach Accreditation (Course is optional)

Withdrawals:

The probation period for the Basketball Academy is the first two weeks of Term 1. If a student withdraws more than seven days after the probation period for a non-medical reason, they will not be entitled to a refund.

Students wishing to withdraw for significant medical reasons must provide supporting documentation (including a medical certificate). Refunds will be assessed on a case-by-case basis.



PETER CARNLEY
ANGLICAN COMMUNITY SCHOOL

NOTE:

- ***Prices are subject to change due to price variations of courses being delivered***
- ***Basketball Academy Uniform will only need to be purchased when they enter the programme or if they need replacement ones in the future.***

If you would like more information, please contact basketball@pcacs.wa.edu.au or contact the campus on 9439 3499.

