



Basketball Northern Territory **2012/2013 National Intensive Training Program**

Basketball Australia's internationally acclaimed National Intensive Training Program (NITP) provides Australia's promising young basketball athletes and basketball coaches with a proven pathway to success in their chosen sport.

The ITC (as it was then known) was established in 1992 to provide a more systematic, thorough and unified national approach to the identification and development of outstanding junior basketball athletes. The success of the program has been outstanding with most of Australia's current crop of Boomers and Opals and many current NBL and WNBL coaches.

Australian Opals and Boomers athletes who have graduated through the program include Lauren Jackson (Australian Opals/ Seattle Storm), Patrick Mills (Australian Boomers/St Mary's), Chris Anstey (Australian Boomers/Melbourne Tigers/Dallas Mavericks/Chicago Bulls), Andrew Bogut (Australian Boomers / Milwaukee Bucks) and Joe Ingles (Australian Boomers / South Dragons)

Some of the coaches who have been involved in the NITP and national teams include Carrie Graf (Opals head coach, Canberra Capitals head coach & WNBA Phoenix Mercury head coach), Rob Beveridge (former Head Coach Australian U/19 Emus), Peter Buckle (Townsville Fire), Peter Lonergan (Assistant Coach Opals, Head Coach Australian U17 women) and Damian Cotter (Head Coach Australian U19 Emus).

The NITP provides athletes with a good grounding in the fundamental team and individual skills that are required to compete at an international level. Australia's future champions are also taught aspects of strength and conditioning, sports science and medicine and their development off the court is as important as on the court. All aspects of a players' development are addressed including time management, planning, personal development and life management skills. Players benefit from the interactive and positive learning environment and also have the opportunity of experiencing international competition in Australia, USA, Asia and Europe.

The NITP Head coaches are full-time, experienced, coaches and the program is as much about their continued professional development through attending coaching clinics and study tours as it is the athletes in the program. The head coaches are supported by a committed and extensive network of emerging coaches, thus providing Australia's next generation of elite teachers to develop their own practical coaching techniques whilst providing them with professional development opportunities.

APPLICATIONS CLOSE BY FRIDAY, NOVEMBER 23
PLEASE RETURN TO HEAD NITP COACH PHIL COLLINS

phil.collins@nt.basketball.net.au

or return to my desk

(located inside the DBA office)

Questions please call 0420.816.974

What is the definition of an NITP and EAP athlete?

- ✚ An NITP athlete is an athlete who has the POTENTIAL to gain selection to an Australian Development Camp
- ✚ An EAP athlete is an athlete who has the POTENTIAL to be a leader in his/her respective Territory team to compete at the Australian Junior Championships.

The programs will be run both separately and in conjunction with each other at various times. Athletes who apply and are selected to be a part of the NITP will have a much higher workload and expectation than athletes who apply and are selected to the EAP.

Both programs will be implemented in Darwin and Alice Springs.

What is included for NITP and EAP athletes?

NITP Athletes (Darwin)

- ✚ A practice uniform
- ✚ A gym membership
- ✚ A MINIMUM of 83 hours on court with specialized coaching and a very small coach to athlete ratio.
- ✚ A MINIMUM of 8 physical testing sessions conducted by Charles Darwin University
- ✚ Film evaluation
- ✚ Individual monthly meetings with NITP Head coach
- ✚ End of year camp and awards dinner

EAP Athletes (Darwin)

- ✚ A practice uniform
- ✚ A MINIMUM of 57 hours on court with specialized coaching and a very small coach to athlete ratio
- ✚ A MINIMUM of 8 physical testing sessions conducted by Charles Darwin University
- ✚ Film evaluation
- ✚ Individual monthly meetings with an NITP network coach
- ✚ End of year camp and awards dinner
- ✚ Still in discussion with CDU for a subsidized gym membership of \$5 per visit at Charles Darwin University

NITP Athletes (Alice Springs)

- ✚ A practice uniform
- ✚ A gym membership with Get Physical
- ✚ A MINIMUM of 70 hours on court with specialized coaching and a very small coach to athlete ratio.
- ✚ A MINIMUM of 4 physical testing sessions conducted
- ✚ Film evaluation
- ✚ Individual monthly meetings with an NITP network coach.
- ✚ End of year camp and awards dinner in Darwin (flight expenses covered, accommodation with billets)

EAP Athletes (Alice Springs)

- ✚ A practice uniform
- ✚ A gym membership with Get Physical
- ✚ A MINIMUM of 70 hours on court with specialized coaching and a very small coach to athlete ratio.
- ✚ A MINIMUM of 4 physical testing sessions conducted
- ✚ Film evaluation
- ✚ Individual monthly meetings with an NITP network coach.
- ✚ End of year camp and awards dinner in Darwin (flight expenses covered, accommodation with billets)

What are the commitments of the NITP/EAP?

NITP Athletes

- ✚ **Must be available for selection in their respective Territory team to compete at the Australian Junior Nationals**
- ✚ Must attend two (2) midweek sessions
- ✚ Must attend the gym a MINIMUM of two (2) times per week
- ✚ Must attend all physical testing sessions
- ✚ Must attend all Saturday sessions
- ✚ Must attend the July end of year camp
- ✚ Must wear issued uniforms to ALL sessions

EAP Athletes

- ✚ **Must be available for selection in their respective Territory team to compete at the Australian Junior Nationals**
- ✚ Must attend one (1) midweek session
- ✚ Must attend all physical testing sessions
- ✚ Must attend all Saturday sessions
- ✚ Must attend the July end of year camp
- ✚ Must wear issued uniforms to ALL sessions

NB: The gym subsidization at CDU is for the benefit of all EAP athletes but is not mandatory

How much does the NITP/EAP cost?

All athletes who are selected to be a part of either the NITP or EAP will be charged the same amount.

The amount for the 2012/2013 NITP and EAP is \$300.00 per athlete.

PAYMENT IS DUE BY THURSDAY, DECEMBER 13.

What are the dates for the programs?

Each athlete will be given a calendar with all the dates that they are required to attend depending on which program they have been selected in.

DARWIN

- **Individual sessions FOR BOYS begin on Tuesday, November 27**
- **Individual sessions FOR GIRLS begin on Thursday, November 29**
 - **Physical Testing Session # 1 @ CDU Friday, November 30**
- **MANDATORY PARENT/ATHLETE MEETING AFTER PHYSICAL TESTING @ CDU AT 6.00PM ON FRIDAY, NOVEMBER 30.**

ALICE SPRINGS

- **Weekly sessions will begin week of November 26th**
- **Weekend camp to be held on December 14th - 16th**
- **MANDATORY PARENT/ATHLETE MEETING TO BE HELD OVER THIS WEEKEND - TIME TBA**

Can an athlete move between the NITP and EAP?

An athlete can move in between the NITP and EAP during the year. An athlete's performance, behavior, attendance and other areas will be assessed for future NITP/EAP selection. The program is a performance based program and each athletes performance at a national championship will be evaluated and the possibility of moving up or down from the NITP to EAP is possible.

Why do the times alternate between morning and afternoon?

The reasoning behind the alternating times from morning sessions to afternoon sessions is because most NITP network coaches cannot commit to a 4pm practice session. So the alternating times allow the coaches to work with every athlete and also the athletes to have exposure to all network NITP coaches.

Darwin

Boys Sessions – 6am-7am & 4pm-5pm (Alternate from week to week between NITP and EAP)

Girls Sessions – 6am-7am & 4pm-5pm (Alternate from week to week between NITP and EAP)

Saturday Sessions – 6am-8am @ DBA

Alice Springs

Times and Days to be confirmed once squad is selected



NITP ATHLETE INFORMATION FORM AND AGREEMENT 2012/2013

GENERAL INFORMATION:

Name: _____
Address: _____
Suburb: _____ P/Code: _____
Phone: _____ Mobile: _____
Reliable email (Print Clearly): _____
DOB: _____ Height: _____ Weight: _____
Mother's Name: _____ Phone: _____
Father's Name: _____ Phone: _____
Singlet Size: _____ Short Size: _____

BASKETBALL INFORMATION:

Position(s) you play: _____
Club: _____ Association: _____
Club Coach: _____ Phone: _____

SCHOOL INFORMATION:

School Name: _____
School Address: _____
Suburb: _____ P/Code: _____
Year Level in 2013: _____
Principal or Sport Coordinator: _____ Phone: _____

OTHER SPORTING ACHIEVEMENTS:

Please list any other sports you compete in and the level.

Sport: _____ Level: _____
Sport: _____ Level: _____
Sport: _____ Level: _____

MEDICAL INFORMATION:

Please list any medical conditions or allergies.

Please list any injuries you have attained in the past 5 years.

GP or Physio Name: _____ Phone: _____



ACHIEVEMENTS AND AWARDS:

Please list any achievements or awards you have attained (school, sport, music etc):

INTERESTS, GOALS AND AMBITIONS:

Please list any goals or ambitions you have.

1.

2.

3.

4.

5.

Who are your heroes/role models?

Please list your other interests, hobbies or community involvement:

Include one unusual or interesting fact about yourself:



ATHLETE AND PARENT AGREEMENT

I AGREE AS FOLLOWS:

1. PROMOTION

Basketball Northern Territory (BNT) will promote the National Intensive Training Program (NITP) and the Emerging Athlete Program (EAP) through local and other media outlets. To achieve this, we wish to build a player profile on each athlete in the NITP and EAP.

Please complete ALL of the above sections as well as the personal consent below and return to basketball Northern Territory. Your contact information will not be released without your permission.

2. COMMUNICATION

Territory NITP Head Coach

I agree to communicate with the Territory head NITP coach of any of the following:

- If a scholarship from any USA OR other domestic OR overseas educational institution is offered to me or if I have any intention whatsoever of pursuing a basketball scholarship offer or any person approaches me to discuss the possibility of a scholarship
- Any injury or illness that I sustain that will affect my participation in the NITP
- Feedback with regard to self evaluation, educational progress or coaching issues

NITP Network Coach

I agree to communicate with my NITP squad/Network coach of any of the following:

- Inability to attend any session prior to the event
- Any injuries or illness that I sustain that will affect my attendance at training
- Goals both long and short term and feedback with regard to individual skill development

3. MEDICAL CONSENT AND DISCLOSURE

I hereby consent to Basketball Northern Territory or its representatives, authorising at my expense, any medical treatment that is recommended by a medical practitioner, if I am unable to do so.

Dated this: _____ day of: _____ 20_____

Athletes Name: _____

Athletes Signature: _____ Date: _____

Witness' Signature: _____ Date: _____

Witness' Address: _____

If the above named athlete is under the age of 18 years the following must be signed by a parent or guardian of that athlete.

I hereby consent to Basketball Northern Territory or its representatives, authorising at my expense, any medical treatment that is recommended by a medical practitioner, if I am unable to do so.

I guarantee that _____ will comply with the Athlete Agreement and consent to the use of photograph(s) and above information (other than contact details) about my son/daughter by Basketball Northern Territory for publicity and promotional purposes of the NITP.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Witness' Signature: _____ Date: _____

Witness' Address: _____