

Mount Erin College: Basketball Enrichment Program

The Basketball Enrichment Program is designed to empower students by providing comprehensive support and development of basketball skills. This program focuses on holistic growth by integrating key components essential for athletic success in the field of basketball: nutrition, strength training, condition and endurance training, habits, and mindset.

Program Objectives:

- **Access to specialised coaching:** Students will receive specialised basketball coaching from an expert in the industry, and consequently, improve their performance in this area.
- **Nutrition Education:** Students gain in-depth knowledge about optimal nutrition strategies that fuel performance and recovery, including meal planning, and hydration.
- **Strength and Conditioning:** The program offers strength training routines that enhance performance, reduce injury risk, and promote physical resilience.
- **Habit Formation:** Students learn to develop positive daily habits, including sleep hygiene, time management, and recovery practices, fostering consistency and discipline both on and off the court.
- **Mindset Development:** Mental skills training helps students build resilience, focus, motivation, and confidence, equipping them to navigate challenges and maintain a growth-oriented outlook.
- **Career Investigation:** Exposure to career possibilities related to the basketball industry by engaging with professionals in high performance sport environments.

Program Structure:

- Coaching provided by industry experts
- Game sense development and evaluation
- Fitness development
- Nutrition education and support to develop adequate dietary habits that promote healthy growth of the body and mind
- Supportive community environment encouraging peer motivation and accountability.

Annual Cost: \$320

Which includes:

- Coaching
- Training T-Shirt
- Basketball
- Excursion to a basketball stadium and / game
- VCC tournament