

A GUIDE TO

Liston College Basketball

BASKETBALL PATHWAY FROM YEAR 7 TO PREMIER 1ST V

Year 7-8



- Head Coach- Cam Couper
- Basketball Academy - 90mins per week with Manu Hoque (timetabled)
- Western Zone competition
- Auckland Zonal Championships
- U13 weekly competition
- AIMS Games Basketball
- Refereeing courses available.

Year 9-10



- Head Coach - Tylo Baatjies (Old Boy)
- Basketball Academy - 90mins per week with Manu Hoque (timetabled)
- HPU (High Performance Unit) focussing on: Weak hand strengthening, ball handling, footwork, one on one defence, finishing and shooting form.
- Junior Premiers, Year 9/10 A and B
- Zonal Championships
- Nationals (if qualified)
- Year 10 Strength and Conditioning Programme 120mins per week with Generation 612.
- Refereeing courses available to players.

Year 11-13



- Head Coach - Jemma Palmer
- U17A and B teams. U19 team
- HPU - Technical position specific coaching
- Strength and Conditioning Programme 120mins per week with Generation 612
- Scheduled training - 180mins per week
- Premier Boys (Friday night)
- U19B (Wednesday) - includes wider premier squad
- U17 (Thursday)
- BBNZ Regional Qualifiers and National Tournament
- Year 10-12 Development Programme (Post Season)

OLD BOYS PLAYING PROFESSIONALLY

- Tyrone McLennan - Franklin Bulls & Manawatu Jets (NZ NBL)
- Dru-Leo Leusogi-Ape - Franklin Bulls, Taranaki Mountainairs & Southland Sharks (NZ NBL)
- Kiani Saxon - LSU Eunice (USA College), Auckland Tuatara (NZ NBL)

