



NIKE CANADA BASKETBALL'S CENTRE for/de PERFORMANCE

The Canada Basketball's Centre for/de Performance is intended to develop elite level Canadian basketball players at a young age. Basketball Alberta partners with Canada Basketball to present the CP program which brings together the top athletes and coaches from around the province. The CP serves as one of the pathways for athletes and coaches who wish to be involved at the post secondary, provincial, national team or international level.

WHAT IS CANADA BASKETBALL CENTRE OF PERFORMANCE PROGRAM

The CP Program is a model for players and coaches to teach individual offensive and team fundamentals and also present aspects of sports science necessary to become a high level player and coach. Our CP Program is a key component of Canada Basketball's national player and coach identification and development strategy.

The CP Program was established because of an identified need for a more systematic, thorough and unified national approach to identify and develop outstanding junior basketball players in every province and territory in Canada. It was also identified that a network of coaches be established and continuing development of this network of coaches be undertaken to ensure the thorough and contemporary delivery of the technical program to the athletes. Our vision is to become a world leader in basketball development.

HOW DOES THE CP WORK?

The CP is a nationally directed program delivered through Basketball Alberta in partnership with the Canadian Sports Centre's' across Canada. The program offers highly qualified coaching staff trained with National Team Curriculum to work with participants aged between 12 – 17 years.

The program has a heavy emphasis on developing individual offensive fundamentals as well as global principles of play. Players receive introductory information on sports nutrition, psychology, strength, agility and physical testing. Through the use of CP training logs athletes are taught time management and planning skills. Centralized training camps create an elite competitive environment to work on individual offensive fundamentals and team principals of play. Participants may have regional training pods for individualized coaching.

WHAT DOES THE CP PROVIDE?

- Individual skill development
- Global player development
- Strength and agility education development
- Sports nutrition education
- Sports psychology education
- Sports injuries management / education
- Training camps and individual workouts
- Personal development coaches
- Yearly visit from National Development Coach
- Time management, planning and personal development skills
- Organizational and life management skills
- Interactive and positive learning environment

THE 2009 – 2010 PROGRAM

The Canada Basketball Centre for Performance in Alberta is unique in its program delivery since it does not have a home facility. The centralized training sessions bring the athletes together to train at predetermined locations. The regional training sessions are more individualized and allow the athletes to train with their assigned coach without having to travel as far. All training sessions with a CP are usually done on a weekend.

HOW CAN I BE SELECTED TO TRAIN WITH THE CP?

The best way to be selected to train with the CP is to attend the selection weekend. It is an open invitation for you to showcase your athletic and basketball skills that are consistent with the profiles of elite international basketball players. It's best to pre-register even though on-site registrations are accepted.