

# SUNSHINE COAST

## FULL-TIME BASKETBALL ACADEMY

### SUNSHINE COAST



B A S K E T B A L L



## Full-Time Basketball Academy Prospectus

[www.sunshinecoastfc.com](http://www.sunshinecoastfc.com)

# WELCOME TO THE 'FIRE'



Welcome to the Sunshine Coast 'Fire' Basketball Academy, Queensland's premier and only full-time basketball academy. Our academy offers an advanced and holistic program that combines rigorous full-time basketball training with comprehensive athlete support services, including sports science and strength and conditioning.

The program is uniquely integrated with high-quality academic education, provided in partnership with Peregian Beach College. This partnership ensures that our athletes receive not only top-tier athletic training but also exceptional academic instruction. The academic tuition is privately funded, offering various scholarship levels to help support our athletes' educational journeys.

At the Sunshine Coast 'Fire' Basketball Academy, we are committed to nurturing the talents of our athletes both on and off the court, preparing them for success in all aspects of life.



# VISION & MISSION

## Vision

The vision of the Sunshine Coast 'Fire' Full-Time Basketball Academy is to develop elite athletes who excel both on the basketball court and in their academic pursuits. We aim to be a leading institution in athlete development, providing a comprehensive program that nurtures physical, mental, and academic growth. By integrating world-class basketball training, cutting-edge sports science, and strength and conditioning with high-quality education, we aspire to create well-rounded individuals who are prepared for the challenges of professional sports and life beyond.

Our goal is to cultivate not only skilled basketball players but also leaders and positive role models in the community. We are dedicated to fostering an environment that values hard work, discipline, teamwork, and integrity, empowering our athletes to achieve their fullest potential and pursue their dreams at the highest levels of competition.

## Mission

1. **Develop Athletic Excellency:** Provide comprehensive and high-quality basketball training to nurture the skills and talents of our athletes, helping them reach their fullest potential.
2. **Foster Academic Achievement:** Partner with Peregrine Beach College to ensure that our athletes receive a robust and well-rounded education, preparing them for future academic and career opportunities.
3. **Promote Holistic Development:** Offer a supportive environment that emphasizes the importance of physical fitness, mental well-being, and character development, ensuring that our athletes grow as well-rounded individuals.
4. **Cultivate Leadership and Integrity:** Encourage values such as teamwork, sportsmanship, discipline, and integrity, preparing our athletes to be leaders and positive contributors to society.
5. **Support Long-Term Success:** Equip athletes with the skills, knowledge, and mindset needed to succeed in professional sports and life beyond, fostering a lifelong passion for learning and growth.



# THE PROGRAM

- ✔ STRUCTURED TRAINING PROGRAM 16+ HOURS ON COURT PER WEEK
- ✔ TERMLY GAMES PROGRAM AGAINST SEQ SCHOOLS AND PROGRAMS, CBSQ AND SUNSHINE COAST SCHOOLS AND EXTERNAL TOURNAMENTS
- ✔ TRANSPORTATION TO AND FROM GAMES
- ✔ DAILY STRUCTURED STRENGTH & CONDITIONING PROGRAM
- ✔ DAILY SPORTS SCIENCE SUPPORT AND ATHLETE MONITORING
- ✔ PLATFORM VIDEO PLAYER / TEAM ANALYSIS
- ✔ 10 WEEKLY PLAYER REPORTS AND ATHLETE REVIEWS





## THE COMPETITION



ABOUT CBSQ



The Champion Basketball School of Queensland tournament is held annually with over 500 teams competing in four tournaments.

The CBSQ tournament is the premier school basketball tournament in Queensland and originated in 1974. The tournament has since expanded into five competitions to cater for the different age groups, locations and talent levels.

The winning team from each of the Open, Junior Secondary and Sophomore divisions gain entry to the Australian Schools Championships held each year in December.

In 2023, BQ introduced the CBSQ Regional Tournaments to cater for the more regional and coastal schools in Queensland.



## ABOUT THE EASTER CLASSIC



As the premier tournament in South Australia, the Easter Classic attracts teams from leading clubs from across Australia, giving rise to a competition of the highest calibre.

Its timing means that it gives competitors the opportunity to prepare for their local state Championships. For Domestic teams, it is a great chance to play other teams from around Australia.

The Adelaide Easter Classic offers Girls and Boys competitions, U12 to U21 of all levels and competencies.

The Easter Classic comprises of the following grades: Championship, A Grade, B Grade, C Grade and D Grade. For B – D Grade, there will be multiple grades of competition within each grade – i.e. B1, B2 etc.

# SPORTS SCIENCE PROGRAM & ATHLETE MANAGEMENT SUPPORT



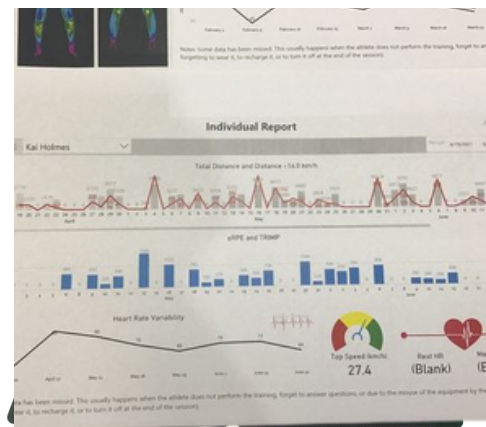
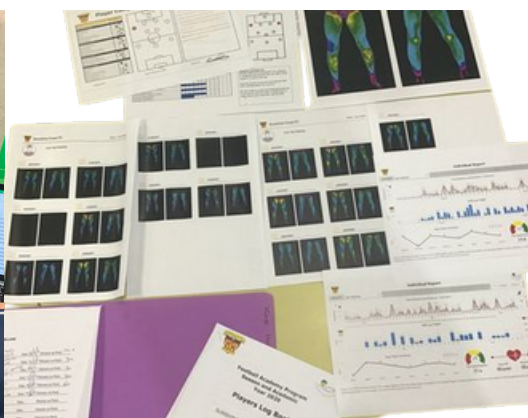
**POLAR**®

  
**APOLLO**  
TERMOGRAFIA  
ESPORTIVA



# TESTING AND SUPPORT

- ✔ WEEKLY HEART RATE VARIABILITY TESTING
- ✔ WEEKLY THERMO IMAGE MUSCLE SCANNING
- ✔ WEEKLY VALD VERTICAL JUMP AND PLYOMETRIC TESTING
- ✔ DAILY DATA COLLECTION THROUGH VALIDATED SCALES
- ✔ WEEKLY HYDRATION TESTING AND MONITORING
- ✔ STATE OF THE ART TESTING AND MONITORING EQUIPMENT
- ✔ WEEKLY PERFORMANCE AND ATHLETIC REPORTS
- ✔ 4 X STRENGTH AND CONDITIONING SESSIONS PER WEEK



# SUNSHINE COAST



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# MEET THE TEAM



## **DIEGO FALCAO**

**Head of Basketball**

- **Brazilian Olympic Coach**
- **Accredited S & C Coach**
- **First Aid Accredited**



## **MELVYN WILKES**

**Sporting Director**

- **UEFA Professional Diploma Coach**
- **Former Premier League Youth Coach**
- **Former FA Coach Educator**
- **Blue Card Cleared**
- **First Aid Accredited**
- **Child Protection Accredited**



# SUNSHINE COAST



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## BRUNO PENA COUTO

### Head of Global Performance and Sports Science

- Masters Degree in Sports Science
- PHD in Applied Sports Science
- Professor in Sports Science
- National Team Sports Scientist
- International & Olympic Sport Scientist



## Josh Tomlinson

### Head of Strength & Conditioning

- Bachelor of Sport & Exercise Science
- ESSA Accredited
- ASCA S & C Coach Level 1
- SMA Level 1 Sports Trainer
- Blue Card
- First Aid Accredited



## Georgia Wing

### Performance Scientist

- Bachelor of Sport & Exercise Science
- ESSA Accredited
- FA / AFC C Diploma
- Child Protection Accredited
- Blue Card
- First Aid Accredited



# STUDY PROGRAM

## PEREGIAN BEACH COLLEGE

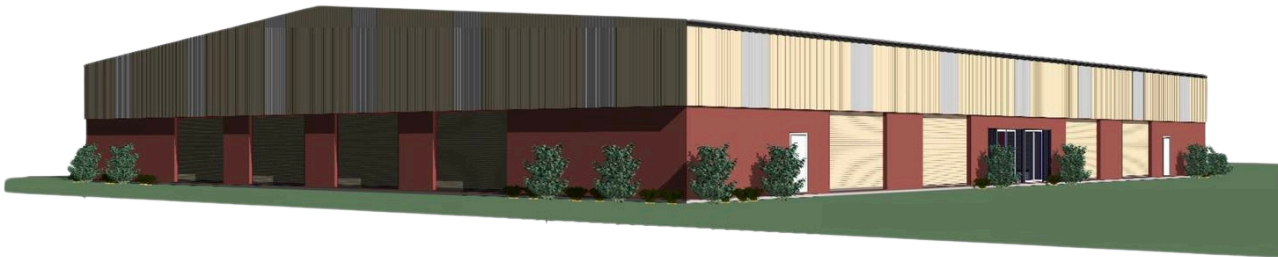
Peregrin Beach College offers a unique full-time academy program that seamlessly integrates rigorous academic education with intensive training.

This program is designed to ensure that students receive a comprehensive education without compromising on either their academic or training commitments.

The curriculum is delivered by highly qualified and experienced academic staff, ensuring high-quality education standards.

As an independent school, Peregrin Beach College operates under the regulations and standards set by Independent Schools Queensland (ISQ).

This organisation oversees independent schools in the region, ensuring they meet educational standards and maintain a high level of quality in teaching and learning outcomes. The college's innovative approach allows students to pursue their passions while achieving academic excellence.



# SUNSHINE COAST



B A S K E T B A L L

## SCHOLARSHIP PROCESS

### Tier One Sports Scholarship - 100%

#### Eligibility:

- **Selection Process:** Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the applicant's previous level of representative performance in their relevant sporting code.

#### Benefits:

- **Academic Coverage:** Full coverage of academic school tuition fees. (excluding levies and academy fees)

#### Conditions:

##### 1. Attendance Requirements:

- athletes must maintain an attendance rate of at least 90%.
- Falling below this threshold will result in demotion to a lower Tier Scholarship for the following year.

##### 2. Behavioural Expectations:

- The Sporting Director the School Principal have the authority to demote an athlete's scholarship as a result of school external suspension or consistent poor behaviour.
- During periods of suspension, athletes are not allowed to participate in any organised games or school-hour training sessions.

This scholarship is designed to support high-performing athletes both academically and athletically, ensuring they uphold high standards in all areas of their participation.

##### 3. Review / Demotion:

- Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.
- If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for demotion into a lower Tier or removal from the program. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.
- The process for demotion and exclusion will take place annually, with written notice being provided within the last term of the school year (Term 4).

# SUNSHINE COAST



## Tier Two Sports Scholarship - 80%

### Eligibility:

Selection Process: Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the athlete's previous level of performance within their sporting code.

### Benefits:

Academic Coverage: 80% coverage of academic school tuition fees (excluding levies and academy fees).

### Conditions:

#### 1. Attendance Requirements:

- Athletes must maintain an attendance rate of at least 90%.
- Falling below this threshold may result in the athlete being placed in a lower Tier Scholarship program.

#### 2. Behavioural Expectations:

- The Sporting Director and/or School Principal have the authority to demote an athlete's scholarship as a result of school external suspension or consistent poor behaviour.
- During periods of suspension, players are not allowed to participate in any organised games or school-hour training sessions.

This scholarship aims to support athletes who demonstrate strong potential and performance, while also maintaining high standards of attendance and behaviour.

#### 3. Review / Promotion - Scholarship:

- Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.
- If a Lead Coach indicates that an athlete is performing well and exceeding expectations, then an application can be made by the Lead Coach for possible promotion to the Tier above. The Sporting Director will review the recommendation and if satisfied with the assessment it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.
- If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for demotion into a lower Tier or removal from the program. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration / approval at the students annual scholarship review.
- The annual review will be in addition to the termly reviews.
- The process for promotion /demotion will take place annually, with written notice being provided within the last term of the school year (Term 4).

# SUNSHINE COAST



## B A S K E T B A L L

### Tier Three Sports Scholarship - 50%

#### Eligibility:

**Selection Process:** Lead coaching staff will determine eligibility based on a combination of practical assessment and a written submission outlining the athlete's previous level of representative performance in their relevant sporting code.

#### Benefits:

**Academic Coverage:** 50% coverage of academic school tuition fees (excluding levies and academy fees).

#### Conditions:

##### 1. Attendance Requirements:

- Athletes must maintain an attendance rate of at least 90%.
- Falling below this threshold may result in the scholarship being removed.

##### 2. Behavioural Expectations:

- The Sporting Director and the School Principal have the authority to remove an athlete's scholarship as a result of school external suspension or consistent poor behaviour.
- During periods of suspension, athletes are not allowed to participate in any organized games or school-hour training sessions.

This scholarship supports athletes with significant potential while emphasising the importance of maintaining high attendance and exemplary behaviour.

##### 3. Review / Promotion - Scholarship:

- Each athlete will have an annual performance review conducted by the Lead Coaching staff, in which a technical and sports science report will be provided.
- If a Lead Coach indicates that an athlete is performing well and exceeding expectations, then an application can be made by the Lead Coach for possible promotion to a Tier above. The Sporting Director will review the recommendation and if satisfied with the assessment it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.
- If a Lead Coach indicates that an athlete is underperforming and not meeting expectations, then a recommendation may be made by the Lead Coach for removal from any scholarship provision and may become a full fee-paying development athlete. The Sporting Director will review the recommendation and if satisfied with the assessment, it may be presented to the Sports Club Board for consideration / approval at the student's annual scholarship review.
- The process for promotion and exclusion will take place annually, with written notice being provided within the last term of the school year (Term 4).
  - An annual review will be in addition to the termly reviews.

# SUNSHINE COAST



## APPLICATION PROCESS

### ● Application

Parents / Guardians submit the last 2 academic reports from current educational institution.

Following submission and sign-off of academic reports from College Principal, a tour and meeting with Sporting Director, we will send you an official application form to complete and return.

### ● Practical Trial

The application process for the full-time basketball academy program at Peregian Beach College includes a practical basketball trial. This trial is a crucial component, as it allows experienced staff to assess the skills and competence levels of each aspiring athlete. Based on the evaluation, these staff members will provide detailed feedback to the Sporting Director, who then determines the appropriate level of scholarship to be offered.

#### **There are three levels of scholarships available:**

1. 100% Funded Academic Tuition: This scholarship covers the full cost of academic tuition fees, excluding additional levies and training fees.
2. 80% Funded Academic Tuition: This scholarship covers 80% of the academic tuition fees, with the remaining 20% to be paid by the student, along with any additional levies and training fees.
3. 50% Funded Academic Tuition: This scholarship covers 50% of the academic tuition fees, with the student responsible for the other half, as well as any levies and training fees.

These scholarships are designed to make the program accessible to talented athletes by significantly reducing the financial burden associated with tuition. For more detailed information, prospective applicants are advised to refer to the next page or contact the college directly.

# SUNSHINE COAST



## PROGRAM COSTING

### **Schedule of Fees 2024:**

#### **New Academy Enrolments**

Thank you for your expression of interest in our combined academy and tuition program. Sunshine Coast Sporting Academy and Peregrine Beach College have partnered to provide this fantastic scholar development opportunity.

#### **Annual Academy Fee Information:**

The academy program consists of both DEVELOPMENT and FULL-TIME opportunities. Both programs follow a similar training schedule, however the Full-Time students receive a scholarship, under a tier scheme for their tuition fees from Peregrine Beach College (levies remain payable to the college).

The Development students are full fee-paying students. Sunshine Coast Sporting Academy Annual Fees\*

#### **Basketball Academy – Full-Time (scholarship) and Development**

**\$4,100.00**

#### **Sports Academy Levy: \$1,100 (per year)**

The Sports Academy Levy assists with the costs incurred in running training activities within, and outside of school hours. These costs may include, but are not limited to cleaning, electricity, sports facility maintenance, administration, equipment, transport (to offsite training sessions only) and academy staff development.

# SUNSHINE COAST



BASKETBALL

# #THEFIREWAY



## OUR CONTACT



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