

Performance (U16) BASKETBALL - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

The Southern Sports Academy (SSA) is a non-profit organisation that assists young athletes in achieving sporting excellence. SSA supports athlete development in a holistic manner and recognises the value of education. SSA expects athletes to attend school or tertiary education, be meaningfully employed, or undertake other educational or training opportunities. Basketball NSW endorses the SSA basketball program as the first step in the elite athlete pathway and represents the Developing Athlete Program (DAP program) for the Southern Region. The program sits between local representative basketball and higher-order representation, such as the NSW state country team selection. Athletes in the Basketball NSW SPP program are eligible to trial for the SSA program.

The 2025/26 SSA Basketball Program will only support a Performance Program (U16).

Who can nominate for the SSA 2025/26 Performance basketball program?

- Athlete must turn 13, 14 or 15 in 2026 (birth years 2011, 2012, 2013).
- Athletes must reside or attend school in the SSA catchment area.
- Athletes must be current registered members of their local association and Basketball NSW.
- Athletes are expected to be playing local representative basketball.

Proposed Program of Events – Guide Only

The SSA basketball program will run from November 2025 to April 2026, with a presentation in mid-2026.

- 1st November 2025 – Induction Day, Wagga Wagga. All athletes, returning and new.
- 5-7th December 2025 – Inter-Academy Camp – Illawarra Region
- Training Days – athletes can expect training days across November 2025, February and March 2026
- Strength and conditioning training program
- The Regional Academies of Sport Academy Games, Tamworth (16-19th April 2026)
- Mid-2026 – SSA presentation evening

How are selections made?

- Basketballers wishing to be considered for the basketball squad must complete the SSA nomination form before the closing date/time and attend the trial (unless the SSA Office grants an exemption).
- Being part of a previous SSA squad does NOT guarantee selection.
- A detailed selection criterion is used, which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance, and results at specific events.

- A list of selected athletes is placed on the SSA website, and trialling athletes are advised by email.
- Offers must be accepted by the due date, or they may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in a squad, SSA expects that this is the athlete's primary sport of participation.
- Attendance at ALL activities in the SSA program (including presentation evening). SSA aims to avoid clashes with higher-level events run by the State Sporting Organisation where possible. In certain circumstances, exemptions can be applied for.
- Athletes are expected to adhere to the SSA Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm, and maintain high dress standards.
- SSA athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. Performance squad athletes are also expected to undertake a strength and conditioning program.

What does the SSA program cost?

The 2025/26 basketball program is heavily subsidised by SSA, reducing the levy to be paid by selected athletes.

An athlete levy will be applied to the program. A 50% deposit will be required as acceptance of a successful athlete's spot in the squad. The number of athletes in the team will determine the levy.

NEW athletes are required to purchase a compulsory uniform – Reversible Singlet, Shorts, Academy Polo * \$135

Inter-Academy Camp – TBD

Academy Games levy – \$850 **

*Athletes returning to SSA are not required to purchase new uniforms unless their current items no longer fit or are damaged. Subject to expenditure /pricing variations

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