

2025 Basketball Program Prospectus

Students new to the program
in Years 7 to 10 in 2025



The Program

Living Waters Lutheran College offers a Basketball Program for students in Years 7 to 10 who have a passion for the sport and wish to enhance their skills and knowledge. The program aims to provide a well-rounded education while developing physical fitness, teamwork, communication skills, and knowledge of the sport.

The program consists of coaching from Living Waters Lutheran College staff, with practical, theoretical, and strength and conditioning sessions provided to students in each year group. Additionally, students are supported to further their basketball development by nominating for relevant programs offered by the Western Australian Basketball League (WABL) at their preferred association.

Competitions

The Basketball Program is designed to provide students with opportunities to represent the College in local and regional competitions, including School Sport WA (SSWA), ACC (Associated Catholic Colleges), 3x3 Competitions and RKAS (afterschool sport). Students are encouraged to continue their basketball development through club and association competitions.



Practical Lessons

Students who are selected into the program will receive two Basketball coaching lessons per week with a focus on fitness, strength and conditioning, skill acquisition and court intelligence with the main goal being to improve athletes' technique and performance on the Basketball court.

- 2 in-school lessons per week
- 1 after-school lesson per week
- Biomechanics
- Ethical behaviour and fair play
- Exercise physiology
- First Aid – practical component of Basic First Aid Qualification
- Individual movement skills and sequences
- Strength and conditioning
- Skills in a competitive context
- Skill execution and tactical application

Theory Lessons

- Biomechanics
- Ethical behaviour and fair play
- Exercise physiology
- Functional anatomy
- First Aid – online component of Basic First Aid Qualification
- Health and nutrition
- Inter-personal skills
- Problem-solving and movement challenges
- Sport psychology
- WA Health Curriculum







Information Session

4.00pm or 5.00pm Tuesday 18 June

Closing Date for 2025 Applications

3.00pm Friday 19 July

How to Apply

All applications must be submitted online via the Living Waters Lutheran College website:

www.livingwaters.wa.edu.au/basketball/

Trial Dates and Times

Years 7/8 Trial date – Tuesday 6 August

Year 7 in 2025 3.45pm to 4.45pm

Year 8 in 2025 5.00pm to 6.00pm

Years 9/10 Trial date – Tuesday 13 August

Years 9/10 in 2025 3.45pm to 4.45pm

Selection Process

- 1 Complete the application form by 3.00pm Friday 19 July:
www.livingwaters.wa.edu.au/basketball
- 2 New students to the College will need to complete an application for enrolment:
www.livingwaters.wa.edu.au/enrolment
- 3 An invitation to trial and information about the trial will be provided once the application has been assessed.
- 4 Student to attend the appropriate trial time for their group.
- 5 Successful applicants will receive a contract to be filled out and sent back before the end of Term 3.

Frequently Asked Questions

If my child is not accepted, can he/she try again?

Yes, we have students' trial again the following year, some are successful and some are not.

Are scholarships available?

Yes. The student has to be of 'WABL' level of ability. That is defined as either:

- Already playing WABL Basketball (Division 1 Top age or Division 2 Bottom age)
- Judged to be of 'WABL Division 1 (Top Age) Level' ability by the Basketball coordinator, who is running the Program or the trial selectors.

(To find out more information about scholarships please visit www.livingwaters.wa.edu.au/basketball under the Program details section).

What happens if my child is injured or ill on the trial day?

The Basketball coordinator must be notified on or before the trial date and an alternative trial date will be arranged.

How does the selection process work?

- Every applicant is assessed through game play.
- Every applicant is assessed on their natural athletic ability, as well as their coachability and attitude.
- Work ethic, behaviour and aptitude are considered.
- Applicants are compared with each other and the appropriate skill and fitness standards.
- School reports / references and coaching references are considered.

What is the expectation of my child if selected?

- Attend all coaching sessions and train with intensity.
- Attain an academic standard commensurate with their ability.
- Maintain a satisfactory standard of behaviour.
- Maintain a school attendance percentage of 80 or above.
- Become a positive role model at Living Waters in all areas of school life.
- Represent Living Waters in Basketball when selected.
- Strive to play at the highest level of club basketball available in WA.

What is the out-of-school commitment expected of my child?

There will be one hour training sessions afterschool (rotations may occur depending on carnival and competition preparations). Carnivals and competitions may be afterschool, on weekends or in the school holidays depending on coach/athlete availability.

Do you accept late applications?

Only in exceptional circumstances in consultation with the Basketball coordinator.

Can I return my application in person as a hard copy?

No. All applications must be received through the online application process via the Basketball page on the Living Waters Lutheran College website. www.livingwaters.wa.edu.au/basketball



Living Waters Lutheran College

livingwaters.wa.edu.au/basketball

176 Currie Street
Warnbro WA 6169
08 9593 1211

basketball@livingwaters.wa.edu.au