

# East Durham College

## Are you interested in Basketball?



East Durham College and the Tees Valley Mohawks have joined forces to provide a Unique Basketball Development Centre starting in September 2009.

This will add to the list of successful Sports Development Centres already based at the College, for students looking to continue their education into year 12.

### The Basketball Development Centre will include:

- Ensuring you are in the best shape possible, both physically and mentally
- Fitness training and personal development
- Basketball skills
- Individual coaching
- Skills and technique development
- Strength and conditioning
- Core stability training
- Fitness testing
- Diet/Nutrition
- Training diaries
- Student portfolio

East Durham College provides an environment which strives to maximise your potential in a wide range of subjects and qualifications.

To be part of this fantastic opportunity, students wishing to join the Basketball Development Centre must enrol on to a full-time academic course.

### Community Programme will include:

- Weekly training sessions
- Playing opportunities
- Club development
- Meet the Mohawks
- Hoop Dreams
- Attendance at promotional games
- Holiday programmes

All coaching will be provided by first team player coaching staff linked to the Tees Valley Mohawks.



For more information please contact:

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