There are three main strands to the Nottingham Academy Wildcats' programme structure:

Participate

Participate is the entry point for your child into the Nottingham Academy Wildcats provision.
It is where your child learns to love the game and have fun playing and staying healthy with their friends.

Year 7/8 Boys: Monday 1:00 – 1:30pm
Year 7/8 Site
Year 7/8 Girls: Friday 3:00 – 4:30pm
Wildcats' Arena
Year 9-11 Boys: Tuesday 1:00 – 1:30pm
Greenwood Site
Year 9-11 Girls: Thursday 1:00 – 1:30pm
Greenwood Site

Develop

Develop is the second stage to the Nottingham Academy Wildcats programme. It is a more intensive training programme. If your child is identified as *Gifted* and *Talented* by the staff at Nottingham Academy Wildcats, they will be invited to the development sessions. The idea of the development training is to enhance the technical, tactical and physical skills of each player who is chosen to attend, whilst helping the players to develop a more dedicated and consistent approach to hard work.

Year 7-11: Monday 3:00 – 4:30pm
Tuesday 3:00 – 4:30pm
Thursday 3:00 – 4:30pm

Competitions: Local/National Schools competitions and Jr. NBA

Perform

Perform is the most intensive programme in Nottingham Academy Wildcats. It is a full time (up to 10 hours per week) basketball programme, exclusively for Sixth Form Students and runs alongside the Student's academic programme. This programme continues the growth of our student athletes with particular focus on academic support, personal development and guidance towards future planning.

Sixth Form: Each student athlete has an individual timetable consisting of:

- Individual skills sessions
- Team practice
- Study hall (academic mentoring)
- Strength and conditioning testing three times per year
- Strength and conditioning sessions
- Film analysis
- Termly progress meetings with coaches/staff

Girls: WEABL
Boys: ABL