



NOTTINGHAM ACADEMY

Academics & Basketball Integrated

With the new buildings now open we have four full size basketball courts.

We are offering a basketball programme that is integrated into the school day. Basketball training will be built around the pupils' timetable. For Post-16 students we offer coaching sessions both individually and in small groups of three or four. With students having 7-8 hours of free periods most coaching will take place in those slots. With lunchtimes, pre school and after school activity, players will be provided with a total of 10-14 hours per week. This will be in addition to the hours they receive in their Club environment

We will enhance the pupils club environment & not replace it.

Year 10 entry - Timetabling doesn't allow us the flexibility of the Post-16 programme. However, through lunchtime, after school sessions and PE lessons we are able to offer pupils 8 or 9 hours of basketball coaching per week. As with Post-16 students they will receive additional hours in their Club environment.

Travel and accommodation - We have been able to assist players with travelling. There are also opportunities to reside with a host family in order to attend the Academy.

Basketball Programme



We focus on all aspects that help make a successful athlete. This will include shooting sessions, individual offensive moves, stretching and yoga for flexibility, SAQ work for speed and quickness together with core body work and strength and conditioning.

There is no short cut to success so this programme will be all about putting in the hours in order to develop a core set of skills and values, thus enabling players to make the most of their talent.

The main focus of the Basketball Institute is the development of the individual. However, we do enter teams in the relevant age groups for national schools competition. Last year the two teams that were entered reached the final fours of the national competition. The U-19 Girls finished fourth while the U-17 Girls were national runners up. Basketball is now starting to spread through the Academy through extra curriculum activity from year 7 upwards.

About our Director of Basketball



Phil Waghorn has been involved in English basketball both as a player and a coach for 36 years. As a player Phil came up through the ranks of the Brighton Bears, being lucky enough to attend High School in America before returning and becoming part of a Championship winning Bears team. In his home county of Sussex Phil spent years coaching young players many of whom have gone on to study and play in the USA and for national teams.

Phil spent a number of years as Sussex Basketball Development Officer, helping to develop basketball across the county. He was also part of a group who formed Mid Sussex Magic, a club that prided itself in the development of local talent and, with that ethos, managed to gain promotion to Division 1.

Phil later went on to coach the Brighton Bears in the BBL and had the interesting experience of coaching NBA legend Dennis Rodman, in his three game stint at the Club. For the last five summers Phil has worked as a Team Manager with the Great Britain Men's Team. In this capacity Phil has attended two Eurobasket Championships and countless European matches. It is also very likely Phil will be involved in this year's Olympic games in this capacity. That aside, Phil prides himself in helping development the talents of future basketball players.

About our Players

Claire Harper: Whilst at the Academy Claire has worked extremely hard on both the individual and team aspects of the game. In year one Claire has been the leading points scorer. As Claire continues to develop she will need to play both inside and outside on offence. We have therefore been focusing time on both these facets. Claire has now attended four European Junior Championships as part of the England programme. On the club front Claire has previously won the 14 National Championships with the Nottingham Wildcats and now continues to progress through the club. Claire currently plays for the U18's and Senior women's team. Claire was a member of the Nottingham Academy squads that finished 4th nationally at U19's and 2nd at U17's

Jess Shillito: At the Academy we have been doing work on Jess shooting technique and further developing her inside game. Jess has been on the fringes of the England squad for the last two seasons and will have the goal of making the final squad this time around. Jess plays her Club basketball at Mansfield where she competes in Division 2 of the women's National League. Jess was a member of the East Midlands squad that this year finished runners up in the England Basketball Regional competition. Jess was also a member of the Nottingham Academy squads that finished 4th nationally at U19's and 2nd at U17's.

Jaleigh Bird: Jaleigh has worked extremely hard at improving her point guard skills and increased confidence has made a major impact on her playing ability. As with most of the girls Jaleigh plays her Club basketball with the Nottingham Wildcats. Jaleigh was also on the East Midlands squad that finished runners up in the England Basketball Regional competition. She was a member of the Nottingham Academy squads that finished 4th nationally at U19's and 2nd at U17's.

Alicia Gray-Finch: Alicia is naturally quick and we have worked on using that speed as an advantage and gaining control of her speed. Everything came together at the end of last season when Alicia played her best basketball in the U17's finals. Alicia plays her Club basketball with the Nottingham Wildcats and was a member of the Nottingham Academy squads that finished 4th nationally at U19's and 2nd at U17's.

Denise Montiero: With a full academic load at the Academy Denise has had less time for her basketball than the other pupils. However, Denise has worked hard to improve her game and as such was a valuable member of the Nottingham Academy squads that finished 4th nationally at U19's and 2nd at U17's.

Denni Pedley: Denni is new to the Academy this year, another product of the Nottingham Wildcats where she currently plays for the U18's. Denni will strengthen the team at the guard position. Denni was also on the East Midlands squad that finished runners up in the England Basketball Regional competition.

Whitney Allen: Whitney is also new to the Academy. Her commitment is such that she resides with a host family as she has joined us from Birmingham. Whitney plays for the Nottingham Wildcats U18's and has strong family ties to the sport. Her sister is currently studying and playing basketball in America and her father played at the top level in the English leagues for many years.

This year we have also had three Year 10 students enter the Academy, Sadie Russell, Emilia Herries and Mitchell Saxby. All three have already been working hard and getting them in so early means there are great opportunities to fully develop their potential. Sadie and Emilia play their Club basketball for the Nottingham Wildcats whilst Mitchell plays locally for Notts Nova.

Sounds interesting? If you are interested in the Basketball Academy and wish to find out more details then please contact Phil Waghorn, Director of Basketball as detailed below.

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