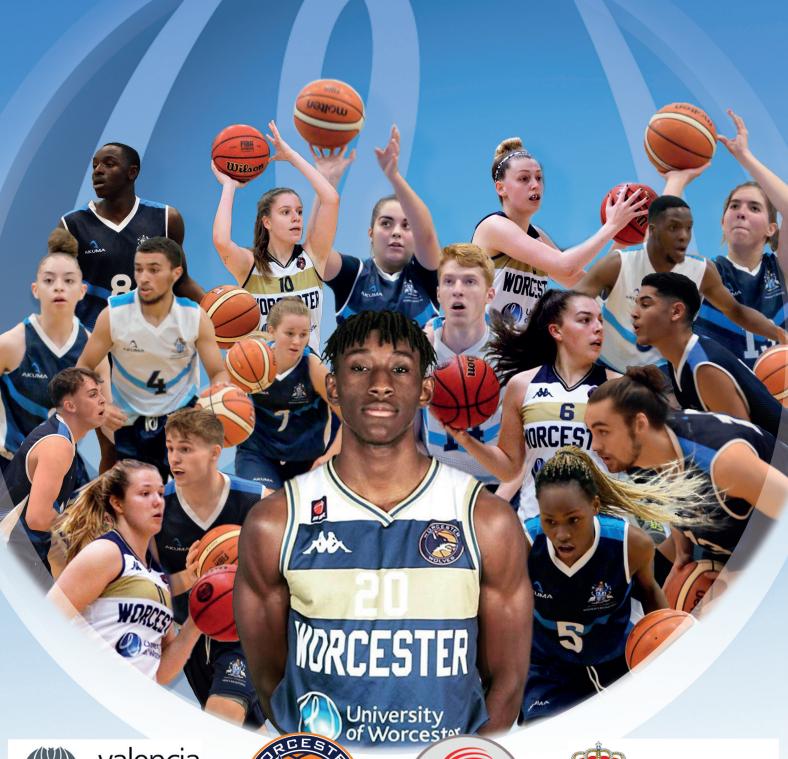


BASKETBALL OPPORTUNITIES











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INTRODUCTION

The University of Worcester (UW) Basketball programme is established, successful and wide ranging, providing students with significant playing, coaching, volunteer and placement opportunities.



The Basketball programme operates from the University of Worcester Arena, home of the UW Worcester Wolves, a professional basketball club who compete in the British Basketball League (BBL). The unique relationship between UW Basketball and the UW Worcester Wolves offers our students an opportunity to train and play in a professional basketball environment on a daily basis. As the programme has developed, a number of University players have made significant contributions to the UW Worcester Wolves. Notably in 2014 the UW Worcester Wolves included five student athletes who helped the team secure the BBL National Trophy at the Emirates Arena and the BBL Playoff Championship at Wembley Arena. The 2019/20 season's team also includes five student athletes, with one player in particular regularly featuring in Coach Newby's game day rotation.

When competing for UW, performance players also have the opportunity to:

- Practice and play with Worcester Wolves professional team
- Play in British Universities Colleges Sport (BUCS)
 Men's Premier League (1st team has won eight BUCS
 Championships to date)
- Women's National League North, Division 1, as part of Worcester Wolves women.
- Play in national Basketball League as a member of Worcester Wolves 2
- ► To compete in Midlands BUCS League
- ► Local Junior Men's League
- ► 2 BUCS Women's League 1

The Women's programme has a promising future and solid foundations have been built in recent years. It offers two full academic scholarships at undergraduate and post graduate level. UW Worcester Wolves Women continue to build and improve season after season. The ambition to progress through Division 1 and achieve WBBL status is now well within their reach.

Whilst players in our UW Men's 1st team have the opportunity to practice with the UW Worcester Wolves, access to the players and staff is not exclusive to them only. UW Worcester Wolves staff and players lead 'Individual Player Position Skill Sessions' with all players (Men and Women) within the programme on a regular basis. Giving all an opportunity to be exposed to elite coaching in a professional environment.

The programme is designed to develop students in all areas of the game and we offer students the opportunities to improve as coaches, table officials and referees. Once qualified, coaches are given the opportunity to assist with: one of the six UW teams, the weekend community sessions and observe UW Worcester Wolves practices. Referees and table officials are able to develop with over 50 games available to them per season from BBL to local Leagues.

Significantly, there are placements available to current UW students to gain valuable experience within other roles e.g. performance analysis, strength and conditioning coaching, sport therapy and social media/ event promotions; typically, students within the School of Sport Exercise and Science regularly support the UW Worcester Wolves and three UW performance teams on match nights and during weekly training. There are also opportunities for students to develop their skills by supporting Worcester Wolves Academy and our community and schools outreach programme.





WHAT THE STUDENTS SAY

Below is what some of our past and current student athletes had to say about the Basketball programme here at the University of Worcester.



"I enjoy the culture of the Basketball Society and the family like feel. I came here originally for the netball programme and my course, having basketball here was

a bonus, but it's now my main sport. The Women's programme has improved, in terms of recruitment of players, professionalism, being treated like performance athletes!"

Grace Brownell, play's for Women's 1st team and Worcester Wolves women. Studies Physical Education & Sport Studies. 3rd Year.



"I enjoy the amount of support the players show to each other from both the men's and womens teams; which convey's a sense of community. I admire the

coach's work ethic and support to see their teams and each individual player get better, not only in basketball but academically and personally."

Rebecca Yamalimbu, plays for our Women's 1st team and Worcester Wolves women. Rebecca is in her 3rd year of studying Sports & Exercise Psychology.



"The programme has massively improved over the years that I've attended University. This is because it has given players opportunities within Basketball

to have work experience in roles such as coaching, refereeing, table officiating and statisticians."

Jessica Castro Espirito Santo, plays for our Women's 2nd team and Worcester Wolves Women. Jessica is studying Sports & Exercise Science and is in her 2nd year.



"I enjoy the coaching staff. Regardless of what team they coach, they still try to help you and develop you."

James Dale, play's for our Men's 4th team and is

in his 1st year, studying Sports Therapy.



"I enjoy the privilege to play basketball alongside my studies at the university and having a professional team, so closely linked to the University and it's Basketball

programme that I can aspire to be a part of."

Lucas McGregor, Men's 1st Team and is on the Worcester Wolves 2019-20 roster. Lucas is a 1st year student, studying Sports & Exercise Science.



"Regarding the basketball programme at the University of Worcester, I enjoy a lot the competitiveness, the structure of our trainings in terms of the drills we do, and

the resources we have available to us, such as sports therapy, weightlifting gym and a very nice arena. My decision on coming here was influenced by the actual programme at the University of Worcester, as I found it very suitable for me to combine my academic studies with playing basketball, without giving up one of the two."

Matei Balteneau is 1st year, international student from Romania, studying. Matei is currently playing on the Men's 1st Team and regularly practices with Worcester Wolves.

As someone who is aspiring to become a professional player it was a perfect fit in a system where you may get an opportunity to practice and even play competitively at a professional level.

Mike New Jr, 2nd year student, completing a course, alongside being a member of the Men's 1st team and regularly practices with the Worcester Wolves

ONE ON ONE WITH:

DANIEL JOHNSON **THOMPSON**

aniel is a 3rd year Sports student, who last season featured with the Worcester Wolves. His hard work and determination on the court quickly enamoured him with the fans and he became a fan favourite. Last seasons efforts have been rewarded and he received his first professional contract, which will hopefully be the first of many. Below Dan, shares his journey to being a part of University of Worcester Basketball and Worcester Wolves.



What college did you attend and what was Basketball team did you play for before attending University of Worcester?

I completed 1 year at my sixth form in Chelmsford before getting offered to play at Oaklands and transferred over there. I was at Brentwood Fire when playing in Essex and in my last year of u18 basketball I played for Oaklands u18. I also played 1 year in the EABL.

What influenced your decision to attend University of Worcester?

Being at Oaklands made me realise basketball could be an option career wise. I researched what universities played

in BUCS Premier and then applied for those that had the right course for me. Worcester was my number 1 choice. The link with the Worcester Wolves was a huge factor.

How often do you practice per week with the University team and the Worcester Wolves?

I have Uni practice Monday, Tuesday and Friday mornings from 7am to 8:30am. I have strength and conditioning Monday, and Thursday mornings. I can only make two sessions due to lectures, so I have to find my own time to use the gym when I can. This is the same for individual training sessions. I have massage and therapy on Monday and Wednesdays. I attend Worcester Wolves practices on Monday, Tuesday and Thursday with game day usually on Friday or weekend's.

What's it's like practicing with professionals every day?

Practicing with professionals is great. Everyday they are fully motivated to go 100% which is the main difference mentally between them and amateurs/students. It's taught me a lot and mentally prepared me for life. All the players this year have given me advice and are supportive when I make mistakes. I still keep in touch with professional players from last season, they helped





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me a lot when they were here and still offer me advice, encouragement and support now.

How has practicing with the Worcester Wolves helped you improve?

It's mainly helped because it's given me confidence knowing I can play with players at that level. I've also developed skill wise and I'm confident I will continue develop.

What was it like when you received your professional contract?

Overwhelming, it was a huge surprise which I never expected. It gives me confidence for what I can do after uni. I am truly grateful to everyone who has supported me.

What's the jump in level from BUCS to Professional?

Professional basketball is so much more physically demanding. I could play 40 mins in a bucs game but I couldn't right now in the bbl. being a big man and playing with guys who weigh 10-20 kg heavier is a battle but I live for it. Mentally the game is slightly quicker as well, the BBL guys don't second guess themselves, if they're going to shoot, they know it before the ball is even in their hands.



ON THE SIDELINES WITH:

COACH RYAN EMERY

yan is a Masters student here at University of Worcester, who coaches our Ladies in BUCS and National League competition. Coaching over 100 gmes combined, he currently holds a 67-56 win loss record in all competitions. Here Ryan talks about how he got started in coaching and his experience whilst being a student here at UW.



How did you get into Coaching?

I was studying and playing basketball at Brockenhurst college as part of their sports academy. When I was at Brockenhurst college I started coaching my little brother's under 12's football team as a volunteer just to help out. I was playing basketball at Brock college as part of their sports academy but I'd always expressed in interest in coaching basketball, I got offered the opportunity to coach Brockenhurst primary school once a week for an hour. From there I completed my level 2 basketball coaching qualification with Jimmy Guymon in the summer before attending the University of Worcester.

What courses have you taken here at University of Worcester?

While at Worcester I have completed by undergraduate

BSc in Sports Coaching and Development and my Basketball England Level 3 advanced coaching award and I am just completing my MSc in Sports Coaching Science.

Who have you coached since being here at University of Worcester?

In my first year at Worcester I worked with the Worcester Wolves BBL team as a volunteer while also working with the under 16's and under 18's Worcester Wolves academy in an assistant coach. In my second year I was the head coach of the Worcester Wolves under 18's team while also working with the under 12's and under 14's. In the summer between my second and third year I had a great opportunity to be the assistant team manger of the GB senior women's team as they prepared for 2015 euro basket here in Worcester. In my third year I took over the University of Worcester Women's basketball programme coaching both the BUCS team and the Worcester Wolves women's team, this is my fifth year with the programme and we have growing ever year. I have also coached on all four Worcester Wolves Valencia basket summer camps while being at Worcester.

How have your courses assisted your preparation for coaching practices and team?

On my undergraduate degree I was able to learn about non-linear coaching methods. Exploring game based coaching and an athlete centred coaching approach



I HAD A GREAT OPPORTUNITY TO BE THE ASSISTANT TEAM MANAGER OF THE GB SENIOR WOMEN'S TEAM.

within lectures, it was great then to be able to apply this learning into my coaching pedagogy with the teams I was coaching during my undergrad. My masters has allowed me to dive deeper into my own coaching philosophies and how I am still learning about a variety of things. Both courses have made a major impact on what I teach my players, how practice looks, what we do and how we do it.

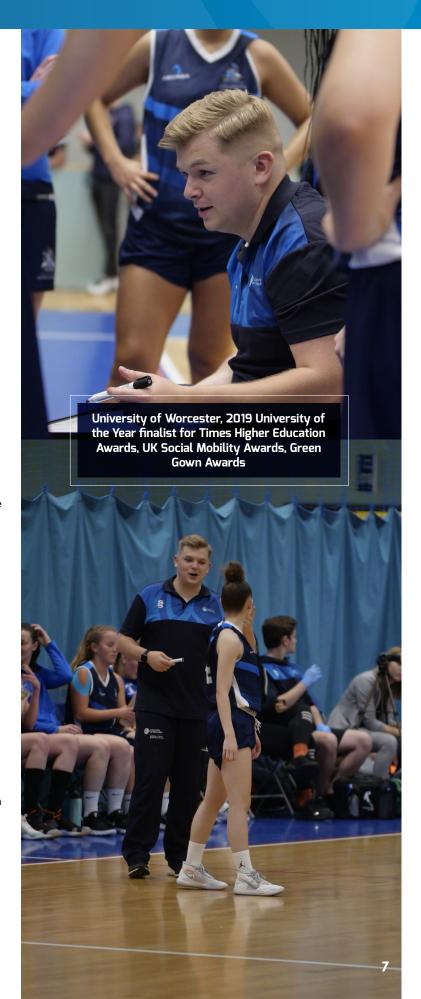
What has been the 1 thing you would attribute to your improvement as a coach?

I would say the willingness to be vulnerable in my coaching journey. Over the course of my time here at Worcester I have been so many mistakes and learnt so much about myself, but I have learnt how to self-reflect and talk about situations with mentors both within basketball and with other sports. These experiences have shaped me into a better person both on and off the court.

What do you enjoy about coaching?

Two things. Competition, I like competition the grind of working day to day to get better, it is what drives me to be to better and work harder on myself and with my team.

Secondly working with a group of talented people day in and day out, watching them grow as people and come together as a family over the course of the time they are here is really great to be a part of.



WORLD WIDE WORCESTER

s a University we actively work with a range of partners provide wider access to our Aprogrammes. These partnerships also expand the opportunities available to our students. As other sports and departments at Worcester, basketball benefits greatly from such partnerships. Read below how some of these partnerships currently benefit our students.



VALENCIA BASKET

Valencia Basket is one of the most prestigious Basketball Clubs in Europe. Home games are played at the 8,500 seat Fuente de San Luis Arena, or better known as La Fonteta, which is connected to the world renowned L'Alqueria a 12 court training facility; the home of the numerous development teams and the successful women's team who compete in top European competition.

University of Worcester and Valencia Basket were due to hold their 5th Annual International Basketball camp in August 2020, however this had to be postponed due to the recent COVID19 pandemic. Over the years various students have volunteered to coach on the camp, working closely with staff and players from Valencia



Basket. Our current Worcester Wolves Women player Imna Villaverde, was a junior player from Valencia Basket, who attended the very first Basketball Camp in 2016 and has been present at all attended the camp as a player in the month of August and then remained in the UK to commence her studies here at the University of Worcester in the September. In the summer of 2019 Inma undertook the role of volunteer as a Camp Coach/ Counsellor and was instrumental in supporting campers who were attending in the UK for the first time.

This is a really exciting and innovative partnership and one that continues to grow and bring opportunities and rewards for our students.



SPANISH ACQUISITION

Inma first came to the UK in the summer of 2016 to attend the inaugural Worcester Valencia International Basketball Camp, at the age of 16. Inma and 6 other Spanish players came to attend the camp in Worcester and enjoyed the environment and culture of the camp. A talented Inma was impressed so much by her experience that she decided to attend the camp again in 2017 and again in 2018. By this time she had developed and improved on her shooting ability and regularly won shooting competitions throughout the camp. Whilst attending the camp she got to know Worcester Wolves Women Coach Ryan Emery, who was a huge fan of Inma's playing ability.

During her yearly visits, Inma got to find out about the Basketball opportunities here at the University of Worcester and by the time she was eligible to apply to attend University, UW became her first choice. In speaking with Inma about her choice to study here, she said "I came to the University of Worcester because I had the opportunity to study Business and play basketball at the same time in a professional environment that would challenge me. I knew coming here was going to help me grow as a person and as a player, and once I got here, I could not have chosen a better university to develop myself." Now a UW student studying Business Economics and Finance, Inma has remained involved in the camp by successfully applying for one of the 5 Apprentice Coach's, and will form part of the coaching team for the 5th year Anniversary camp that commences on Sunday 16th August.





UNIVERSITY OF LEON

University of Worcester now has a well-established partnership with the University of Leon. During the past ten years, students from Spain have travelled to Worcester to engage in Basketball related placements or to study at undergraduate and postgraduate level.

Dr Alejandro Vaquera, world leading Basketball strength and conditioning researcher and educator is based at the University of Leon and is also currently a visiting Basketball academic at Worcester. Dr Vaquera has engaged in several research projects and continues to use his significant experience and knowledge to advise and support in all basketball related projects.

Right: Here is Dr Alejandro Vaquera, with University of Leon student Miguel Gutierrez who was here on an exchange studying Sport Science. Whilst here, Miguel supported the University of Worcester BUCS teams and Worcester Wolves as an assistant coach.







BEIJING SPORTS UNIVERSITY (BSU)

BSU is the number 1 sports University in China and has educated more World, Olympic and Paralympic champions than any other University in the world.

The University of Worcester share an excellent partnership that has seen staff and student exchanges and shared international symposiums for many years.

Students from Beijing University have immersed themselves in life here at University of Worcester. Many who are completing degrees in Sports Coaching or Sports Science have undertaken Basketball placements



as Performance Analysts, or as Coaches. This provides additional support for our existing coaching staff and only serves to enrich the experience for our players.

Below: Jiayi Liu and Zipeng Weng, are students from Beijing Sports University, currently studying Sport & Exercise Science, here at University of Worcester. Zipeng plays with our Men's 3rd team, whilst Jiayi provides Performance Analyst support to Basketball as well as Netball.



MORE OPPORTUNITIES:

OUR STUDENTS GET OPPORTUNITIES OFF THE COURT TO DEVELOP IN VARYING ROLES. WHETHER THAT'S COACHING, REFEREEING, OFFICIATING, PERFORMANCE ANALYST TO NAME A FEW.

CHARLIE HAYNES MEN'S 2ND TEAM COACH AND 3RD YEAR SPORTS COACHING SCIENCE (BSC)



The basketball program at the University of Worcester has helped me develop as a coach by exposing me to a variety of coaching opportunities, methodologies, philosophies, ideas and techniques.

It has also provided me with the opportunity to gain practical coaching experiences, working with players ranging from a development to professional level. Since attending University of Worcester I have been afforded the opportunity to coach

- Men's 3rd team 2018-19 season, where we finished 3rd in the league behind Warwick University and University of Worcester 2nd Team who won the league
- Worcester Cup where a select team of University of Worcester players play in a tournament vs local teams and a team from Romania
- Men's 2nd team 2019-20 season
- **Attend Worcester Wolves training sessions**

BJORN WESTMAN BASKETBALL COACH 3RD YEAR SPORTS COACHING SCIENCE (BSC)

The experiences offered to me by the University of Worcester has taught me a lot about real coaching something you can't learn without actually being afforded the opportunity to do it yourself. I have been lucky enough to be involved with the Worcester Wolves from the day I started university as well as assisting for the BUCS teams, and training players 1 to 1. These opportunities have developed my knowledge in all aspects, varying technical and tactical interventions or how best to interact with players to keep them engaged and motivated.

FELIX HALLAM ASSISTANT COACH WORCESTER WOLVES -MSC SPORT COACHING SCIENCE



Being with the University of Worcester for both my undergraduate and masters degrees has been nothing short of exceptional for my growth and development as a coach and a person. The university basketball programme has given me the opportunity to work and coach all ages

and abilities, starting out coaching community basketball to the Wolves Juniors, coaching in the junior academy all the way up to head coach of the university men's 1st team and assistant coach for the Worcester Wolves BBL side. It has even taken me to the USA to study and coach in the NCAA. The programme is built on the hard work and dedication of exceptional staff that will do everything they can to help you succeed and progress, further supplemented by some of the best basketball facilities and available provisions in the country.



AUSTEJA SUSMARAIT SPORTS THERAPY 3RD INTERNATIONAL STUDENT – LITHUANIA



Coming from a country where basketball is almost a religion and get an opportunity to work the whole season with Worcester Wolves basketball team - it meant a lot for me. This placement provided a unique opportunity to work with professional athletes and gave me a better

understanding of the sports therapist role within the team. Moreover, coaching staff and players welcomed us nicely, they support us in developing our professional and interpersonal skills. I would say that having this opportunity through my final year, is preparing me to be a better Sports Therapist!'

REUBEN JACKMAN BBL STATISTICIAN SPORTS AND EXERCISE SCIENCE 3RD YEAR STUDENT

Whilst studying I have qualified as a Statistician. I've now done stats for over 35 BBL games and recently was part of the statisitician team for the BBL Cup Final in Birmingham 2019. In September 2020 I hope to complete the FIBA Stats course which will allow me to be a statistician for International competition such as the Basketball World Cup and the Olympics, which would be amazing. I've learnt a new skill that is potentially going to open other doors for me.

KIERAN HOWELL SPORTS COACHING 2ND YEAR



I have played basketball for around 11+ years and have competed at various levels. Throughout my life basketball has always been the anchor to help me thrive within my academics so once I decided to hang up my playing boots there was no doubt that coaching was next on my agenda. After expressing my desire to coach I was given a range of coaching opportunities here at University. They supported me in attending and completing a Level 2 Coaching course. Once qualified I earned the opportunity to volunteer on the Worcester Valencia International Basketball Camp, through that I was offered the opportunity to be assistant coach of the Worcester Wolves Women's and University of Worcester Ladies Basketball team.

Getting the chance to coach whilst completing a Sports Coaching degree has allowed me to implement the information from the lecture hall and implement them in sessions. Having coaches with numerous years of experience around me, as well as peers who are just starting off their coaching journey, allows for a positive and competitive learning environment, which encourages us to develop as coaches. I am looking forward to what the future holds for me at the University of Worcester.

UNIVERSITY OF WORCESTER BASKETBALL EXPERTISE

THE STAFF LISTED BELOW ARE INTEGRAL TO THE CONTINUAL GROWTH OF BASKETBALL AT THE UNIVERSITY OF WORCESTER



MICK DONOVAN

- Deputy Pro Vice Chancellor
- (Inclusive Sport & Educational Development)
- Head of School of Sport & Exercise Science
- EB Level 4 Senior Coach
- Co-Founder and Managing Director of the Worcester Wolves



MATTHEW NEWBY

- Head Coach of the Worcester Wolves BBL Team
- University of Worcester Basketball Programme Mentor
- Basketball England Coach Educator
- Basketball England Level 3 Coach



DEAN BLAKE

- Basketball Development Officer
- Assistant Coach of the Worcester Wolves
- Head Coach of Worcester Wolves 2nd team
- BUCS Men's 1st team Head Coach
- Camp Director Worcester/ Valencia Basketball Camp



DR SUSIE SCRIVEN

- Director of Sport Partnerships and Community Engagement
- University of Worcester
- Director of Worcester Wolves



DR ALEJANDRO **VAOUERA**

- Basketball Fellow at University of Worcester
- Professor at Leon University
- FIBA Europe Universitas Project Coordinator
- Member of Spanish Technical Commission of **University Sports**



HANNAH CROWTHER

- Sports Performance Administrator
- MSc Sports Coaching Science
- Level 3 Talented Athlete Lifestyle Support



ALEX RADU

- Senior Lecturer in Coaching Science (Basketball)
- Author of Basketball coaching texts for Routledge Press
- Assistant coach to Romanian Women's Basketball Team
- Basketball England Level 3 Coach



RYAN EMERY

- Head Coach for the Worcester Wolves Women's team
- Head Coach of the University of Worcester Women's 1st team
- Worcester-Valencia Basketball Camp Coach



MARC SCRIVEN

- Director of Strength and conditioning
- Head of S&C for UW Sport Franchises -
- Worcester Wolves and Severn Stars



DARREN COOPER

- Principal Lecturer in Sports Therapy
- Co-Lead Sports Therapist for Worcester Wolves



CHRIS HOLLAND

- Course Leader for Sports Therapy
- Co-Lead Sports Therapist for the Worcester Wolves



SCHOLARSHIPS

At Worcester we are committed to supporting elite and talented sports performers who are dedicated to both sporting and academic success. We will support you to combine your studies with the pressures of elite level competition.

Our sports scholarships are available, with support packages including strength and conditioning programmes, sports therapy support, gym membership, athlete lifestyle advisor and a University of Worcester sports clothing bundle.

If you're interested in applying for a University of Worcester sports scholarship 2020-21, the documents will be available online using the below link in the near future.

https://www.worc.ac.uk/about/academicschools/school-of-sport-and-exercise-science/ sports-scholarships.aspx For further information about our sport scholarships please contact:

Hannah Crowther
Sports Performance Coordinator and
Elite Athlete Lifestyle Advisor
h.crowther@worc.ac.uk
01905 542323

"OUR AIM IS TO ATTRACT AMBITIOUS STUDENTS TO THE UNIVERSITY OF WORCESTER WHO WILL BE CHALLENGED AS SPORTS ACADEMICS AND PRACTITIONERS TO BE THE BEST THAT THEY CAN BE."

Mick Donovan, Head of School Sport Exercise and Science

The University of Worcester has a proven record of excellence in the field of sport and exercise science, with plenty to offer anyone who has an enthusiasm for sport, exercise and health.

SPORTS COURSES

UNDERGRADUATE COURSES

Sports Therapy BSc (Hons)

Sports Therapy MSci (Integrated Masters)

Sports Coaching and Physical Education FdSc

Sports Coaching Science BSc (Hons)

Sports Coaching Science with Disability Sport BSc

(Hons)

Sport Business Management BA (Hons)

Sport and Community Foundation Degree Fda

Physical Education BSc (Hons)

Sport and Exercise Psychology BSc (Hons)

Sport and Exercise Science BSc (Hons)

Sport Development and Coaching BA (Hons)

Journalism and Screenwriting BA (Hons)

Physical Education and Sports Coaching Science BSc (Hons)

POST GRADUATE COURSES

Sports Coaching MSc

Sport MSc

Sport and Exercise Science MPhil/PhD

Applied Sports Performance Analysis MSc

International Sport Management MSc

Adapted Sport MSc

Applied Sport Science MSc

Socio-Cultural Studies of Sport and Exercise MRes

Please visit www.worc.co.uk where there are hundreds of courses to choose from in areas such as Art, Business, Education, Healthcare and many more.

THERE'S LOTS OF OPPORTUNITIES TO PLAY OR BE INVOLVED IN BASKETBALL WHILST STUDYING AT THE UNIVERSITY OF WORCESTER.



Book your place at a University Open Day to give yourself the opportunity to find out more about the courses on offer. There will be in person or online tours of the facilities including Sports Therapy Clinics, Strength and Conditioning Suite, 3 Court Arena located on the Severn Campus which is the home of Worcester Wolves. Throughout the Open Day there will be opportunities to answer any questions you may have about the programme. www.worcester.ac.uk/opendays

TO FIND OUT MORE, BOOK YOUR PLACE

Or get in touch if you want to find out more about Worcester Valencia Basketball Camp.



FIND US ON SOCIAL MEDIA:















