

Report on Summer Training Camp 2010

Following the wholesale departure of the school team this year, we were clearly entering a major rebuilding phase in July. The fixtures between schools in Warrington take place from November to March, which did not give us much time to develop a competitive team, so the focus needed to be on players going into years 8 and 9 in September. Fortunately there is a core of young players at the school who have some experience of organised competition and these were the first names on my invitation list for summer training. It is my intention to build a team to win the Warrington Schools Competition in 2013, which would be their third year in the league.

Our first session was on the afternoon of the last day of term. My older experienced players were shocked to see an influx of young, raw talent and watched with some amusement as the new recruits tried impossible shots, lost control of the ball, dribbled excessively and kept returning to the bench every few minutes out of breath to take on fluids. "Were we really as bad as that when we started, sir?" asked one 18 year old.

In order to excel at any sport you need to be committed and follow regular routines to embed the basic skills that will bring victory in competition. Fancy moves and loss of concentration do not achieve this. Over the next few weeks training sessions were attended by a regular group of players and took on a familiar routine each week. Cameron Burrows and Dylan Waters got there 20 minutes early every week, Renz Kae Agpoon and Luke Gallimore followed, then Jacob and Matty Lloyd, Josh Woodward, Tom Bate, Danny Cox and Mikey Lyon brought along Andrew Armstrong from Y7. Matthew McCready came in from Runcorn several times as did Suman Rahman-Ali, Nathan and Jack White and Josh Carmichael. Several others made a couple of appearances but of course family holidays ate into the programme for many. There were welcome cameo appearances by Ash Latham, Josh Turner and Daz Cox so that by the end of the two months of training we had averaged 17 players per week, an increase of 2 on last year. Each week we worked on layups, shooting, positional play, passing, fast breaks, foul shooting, defence systems and rebounding, but above all players began to trust each other and play more for the team than for themselves. By the time we went back in the Ball Hall again on September 3rd, it was a totally different group of players.

I congratulate all those who came in this summer and especially thank my senior players for helping me bring on the next generation. For me, Fridays were as usual the highlight of the week throughout the summer and I look forward to many more as we set our sights on the next victory.

Mr H Chambers, Basketball Coach