

MOUNT ERIN COLLEGE 2024

BASKETBALL ENRICHMENT PROGRAM

THE MOUNT ERIN COLLEGE BASKETBALL ENRICHMENT PROGRAM IS A PERFORMANCE PROGRAM IN ASSOCIATION WITH HIGH LEVEL COACHES LINKED TO BASKETBALL VICTORIA.

ACTIVITIES:

- **WEEKLY COACHING PROVIDED BY FRANKSTON BASKETBALL ASSOCIATION**
- **FITNESS AND NUTRITION SUPPORT**

- PROMOTE HEALTHY LIFESTYLES, RELATIONSHIPS AND MENTAL HEALTH.
- ACCESS TO SPECIALISED BASKETBALL COACHING AND, AS A CONSEQUENCE, IMPROVE STUDENT'S PERFORMANCE.
- ACCESS TO EXTERNAL RESOURCES WITHIN THE FIELD OF BASKETBALL.
- HIGH LEVEL TRAINING, STRENGTHENING AND CONDITIONING AND TO USE THIS AS A MEANS TO BUILD PERSISTENCE, RESILIENCE AND CONFIDENCE.

\$300*
COST

WHICH INCLUDES:
COACHING
TRAINING T-SHIRT
BASKETBALL
BASKETBALL STADIUM VISIT
VCC TOURNAMENT



***COST SUBJECT TO CHANGE**