



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Basketball Academy

For more info email Jesse Sazant - Head of Elite Academies
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*Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school*

www.canterburyacademy.co.uk



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Basketball Academy

Programme Overview



The Basketball Academy programme is one of the leading academies in England with its aim to support players in progressing to the highest levels. Its philosophy develops mental toughness, high levels of commitment and a relentless desire to improve the skills of the game.

The academy has been selected by England Basketball to run the Advanced Apprenticeship in Sporting Excellence (AASE) qualification. Players on this pathway gain an additional level of qualification. This AASE qualification will be in addition to the other qualifications gained as part of each student's academic programme.

The programme focusses on functional movement to develop speed, strength and power. The academy has outstanding facilities with a £4million sports centre and gym providing an innovative strength and conditioning programme that is highly personalised, alongside the technical and tactical basketball work. A typical week includes: daily team training, 5 individual and/or strength and conditioning sessions and video analysis sessions.

The academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme.

Head Coach, Jesse Sazant, has developed numerous players who have gone on to play professionally around the world and has an extensive track record in developing elite level players. Jesse is currently the Head Coach of the England U15 Development Programme and was previously coach at Carleton University, as part of Canada's leading basketball programme. Ivan Cuesta is the academy's Associate Head Coach, as well as coaching the Medway Park Crusaders men. He is regarded as one of the top up and coming coaches in Spain, having already coached at LEB Gold level. Assistant Coach Adam Davies is one of top young coaches in the country and is currently the lead assistant coach for the England U15s.

Student successes include: Kalil Irving – playing professionally at Worcester, the youngest player selected to England Select team last season and Disraeli Lufadeju –playing professionally at Worcester, and leading British scorer in EBL1 as a 21 year old.

"The academy challenged both my physical game and my mental game. With the opportunity to play men's basketball it was important to understand what preparation was needed to be able to compete. The academy ensured I had individual goals whilst assisting me with my education. Today I am grateful for everything the academy staff has taught me. Their extensive knowledge of the game of basketball is the reason I keep coming back to workout. More importantly, they taught me how to be responsible for myself as well as others." Kalil Irving

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