



# **HILLS HORNETS 2026**

## **HIGH PERFORMANCE CENTRE**





# ABOUT

The High Performance Centre aims to create good humans and great basketball players.

Our main goal is to make the elite pathway more accessible for our Hornets and ultimately, create more Opals and Boomers.

We offer a membership that provides Strength & Conditioning classes, on-court development sessions, & access to court space for shooting practice.

For our first 3 months of opening, athletes saw enormous improvements, built great relationships with coaches and became stronger & fitter.

As a new year begins, so does our first whole year as a High Performance Centre, with HUGE NEW ADDITIONS coming soon...

# OUR VALUES

## **HARD WORK**

We champion relentless effort. We value hustle, grit, and the pursuit of excellence through consistent action.

## **DISCIPLINE**

Progress is built on commitment and structure. Every rep, every session, every detail matters.

## **RESILIENCE**

We rise after setbacks. We grow from failure and persist in the face of challenge.

## **EXCELLENCE**

We don't settle. We refine our performance and expect the best of ourselves and each other.

## **COMMUNITY**

We train together. We grow together. We rise together.



# STANDARDS OF EXCELLENCE

## **LEAVE IT BETTER THAN YOU FOUND IT**

Whether it's the court, the changeroom, or the culture—leave a positive mark. Show respect for our facilities, the people in them, and the legacy we're building. Your actions today shape the Hornets of tomorrow

## **INVEST & CELEBRATE THE SUCCESS OF OTHERS**

Good players make themselves better, great players make those around them better. Be the loudest voice cheering your teammates on, celebrate their wins like they're your own, and put in the work to help them succeed. When one Hornet thrives, we all rise.

## **ALWAYS SAY GOODBYE TO YOUR TEAMMATES**

Finish every session the right way—by acknowledging the people who shared it with you. A simple goodbye shows respect, builds connection, and reminds your teammates that we're in this together. Great teams are built on small moments of respect.

## **PROFESSIONAL & PREPARED**

Arrive ready to train. Bring the right gear, the right mindset, and the discipline to execute. Take responsibility for your preparation on and off the court—because being a pro starts with how you show up.

## **CONTROL THE CONTROLLABLE – EFFORT & ATTITUDE**

You can't control every outcome, but you can always control how hard you work and the mindset you bring. Every drill, every rep, every moment—show up ready to give your best.

## **HAVE GRATITUDE**

Appreciate the opportunity you have to train, grow, and compete. Be thankful for your coaches, teammates, and family. Always say thank you to your coaches and family for helping you be where you are.



## WHAT'S INCLUDED?

### **STRENGTH & CONDITIONING**

Unlock your full potential on the court with our elite Strength and Conditioning classes, designed specifically for basketball athletes. Held in our state-of-the-art gym and capped at 16 athletes per session, each class delivers focused, high-impact training led by expert coaches who are not only qualified but also experienced basketball players themselves.

### **ON-COURT SESSIONS**

Our on-court sessions at the Hornets High Performance Centre are designed to elevate every aspect of your game — from skill execution to decision-making under pressure. Led by High Performance Manager Reece Potter, each session is built on proven athlete development principles and tailored to the needs of our representative athletes. With a focus on elite-level programming, players are challenged to compete at game intensity, improve basketball IQ, and refine the technical skills required to excel at the next level.

### **SHOOTING SESSIONS**

A 30-minute shooting session to get in your repetitions, in a structured environment. Reserve a court, a hoop and get working. Shooting programs are provided by our High Performance team to guide your work and ensure you get your practice in.



# MEMBERSHIPS

Memberships are available to sign up throughout the year, however it is recommended that athletes sign prior to the start of a training block (see 2026 training plan).

## ELIGIBILITY

Membership availability renews at the selection of teams each year, with athletes only able to renew membership if selected in our program. Development players are included and able to sign up. Transfer to another club will mean the termination of a membership. **Rep Rookies** are ineligible.

## COMMITMENT

You may cancel your membership after the 3-month commitment, with minimum 2 weeks notice. Cancellations are not allowed during the commitment period unless due to medical issues (certificate required) or relocation (proof required). Membership pause for medical or travel reasons is available for 2 to 8 weeks per year with at least 7 days' written notice (email [hpc@hillshornets.com.au](mailto:hpc@hillshornets.com.au)). Members are not charged for shutdown periods (see 2026 training plan).



## MINI MEMBERSHIP | U12

Mini Memberships are designed for U12 athletes. This membership is a lower cost than our Junior Memberships as there is a smaller offering and expectation. Given the age of the kids, this allows them to develop the fundamentals, whilst still committing to regular training and games.

| MINI                                                  |
|-------------------------------------------------------|
| 1 x S&C and 1x on-court session per week recommended. |
| Shooting sessions available.                          |
| <b>\$35 / WEEK</b>                                    |

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## JUNIOR MEMBERSHIP | U14 – U18

Junior Memberships are for U14 - U18 athletes. This membership offers more available classes than Mini's - allowing athletes to access the High Performance Centre as much as they can. The level of intensity is increased, and classes are more focused on elite skill development & strength, than fundamentals.

| JUNIORS                                               |
|-------------------------------------------------------|
| 2 x S&C and 1x on-court session per week recommended. |
| Shooting sessions available.                          |
| More classes offered with more demand.                |
| <b>\$49 / WEEK</b>                                    |



## GYM ONLY

Gym only memberships available for all U12 - U18 athletes from Mon 2 March 2026.

| GYM ONLY                    |
|-----------------------------|
| Access to S&C classes ONLY. |
| <b>\$29 / WEEK</b>          |

## ON-COURT ONLY

On-Court only memberships available for all U12 - U18 athletes from Mon 2 March 2026.

| ON-COURT ONLY                                |
|----------------------------------------------|
| Access to on-court sessions & shooting ONLY. |
| <b>\$29 / WEEK</b>                           |

## SENIOR MEMBERSHIP

Senior Memberships are available, with mostly independent use of the facilities.

| SENIORS                            |
|------------------------------------|
| Open Gym access & 1 x S&C session. |
| <b>\$29 / WEEK</b>                 |

## HOLIDAY PASS

Holiday passes are available for U12 - U18 Hornets Rep athletes that are not currently signed up for the High Performance Centre. This pass is only available during the school holidays. The pass grants access to all classes & shooting sessions for 2 weeks only.

| HOLIDAY PASS |
|--------------|
| <b>\$150</b> |

# HILLS HORNETS 2026

## HIGH PERFORMANCE CENTRE



| STRENGTH & CONDITIONING | TIME             | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY         | SATURDAY       |
|-------------------------|------------------|----------------------|----------------------|----------------------|----------------------|----------------|----------------|
|                         | 6:15 AM - 7:15AM | U16 - U18 (8 SPOTS)  |                      | U16 - U18 (8 SPOTS)  |                      |                |                |
|                         | 6:45 AM - 7:45AM | U14 (8 SPOTS)        |                      | U14 (8 SPOTS)        |                      |                |                |
|                         | 7:15 AM - 8:15AM |                      |                      |                      |                      |                | U12 (16 SPOTS) |
|                         | 8:15AM - 9:15AM  |                      |                      |                      |                      |                |                |
|                         | 4:15PM - 5:15PM  | U14 (16 SPOTS)       | U14 (16 SPOTS)       | U14 (16 SPOTS)       | U14 (16 SPOTS)       | U12 (16 SPOTS) |                |
|                         | 5:15PM - 6:15PM  | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) |                |                |
|                         | 6:15PM - 7:15PM  | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) | U16 - U18 (16 SPOTS) |                |                |

| ON-COURT | TIME             | MONDAY | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY      | SATURDAY |
|----------|------------------|--------|-----------|-----------|-----------|-------------|----------|
|          | 6:15 AM - 7:30AM |        | U12 - U14 |           | U16 - U18 | INVITE ONLY |          |

CASTLE HILL ONLY

| SHOOTING SESSIONS | TIME              | MONDAY   | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY |
|-------------------|-------------------|----------|----------|-----------|----------|----------|----------|
|                   | 6:15 AM - 6:45AM  | ALL AGES | ALL AGES | ALL AGES  | ALL AGES |          |          |
|                   | 6:45 AM - 7:15 AM | ALL AGES | ALL AGES | ALL AGES  | ALL AGES |          |          |
|                   | 7:15 AM - 7:45 AM | ALL AGES | ALL AGES | ALL AGES  | ALL AGES |          | ALL AGES |
|                   | 7:45 AM - 8:15 AM | ALL AGES | ALL AGES | ALL AGES  | ALL AGES |          | ALL AGES |
|                   | 8:15 AM - 8:45 AM |          |          |           |          |          | ALL AGES |
|                   | 3:30PM - 4:00PM   | ALL AGES | ALL AGES | ALL AGES  | ALL AGES | ALL AGES |          |
|                   | 4:00PM - 4:30PM   | ALL AGES | ALL AGES | ALL AGES  | ALL AGES | ALL AGES |          |

# 2026 TRAINING PLAN



|          | NOV    |    |                             |    | DEC |   |               |          | JAN |   |                  |                                      | FEB |   |                    |                                                          | MAR |   |   |             |    |    |  |  |  |
|----------|--------|----|-----------------------------|----|-----|---|---------------|----------|-----|---|------------------|--------------------------------------|-----|---|--------------------|----------------------------------------------------------|-----|---|---|-------------|----|----|--|--|--|
|          | 3      | 10 | 17                          | 24 | 1   | 8 | 15            | 22       | 29  | 5 | 12               | 19                                   | 26  | 2 | 9                  | 16                                                       | 23  | 2 | 9 | 16          | 23 | 30 |  |  |  |
|          | TRIALS |    | EARLY PRE-SEASON            |    |     |   | XMAS/NY BREAK |          |     |   | EARLY PRE-SEASON |                                      |     |   | PRE-SEASON/GRADING |                                                          |     |   |   | COMPETITION |    |    |  |  |  |
| ON-COURT |        |    | SHOT TECHNIQUE & FOUNDATION |    |     |   |               | SHUTDOWN |     |   |                  | MAINTENANCE & RE-ORIENTATION PROGRAM |     |   |                    | INDIVIDUAL CORE & ADVANCED SKILL DEVELOPMENT, 1 V 1 PLAY |     |   |   |             |    |    |  |  |  |
| S&C      |        |    | FOUNDATION PHASE            |    |     |   |               |          |     |   |                  |                                      |     |   |                    | STRENGTH PHASE                                           |     |   |   |             |    |    |  |  |  |

|          |     | APR                 |    |                                                                |    | MAY |    |    |    | JUN                 |   |    |    | JUL                                                           |   |             |    | AUG |                     |    |            |    | SEP |   |        |    | OCT |   |    |    |    |
|----------|-----|---------------------|----|----------------------------------------------------------------|----|-----|----|----|----|---------------------|---|----|----|---------------------------------------------------------------|---|-------------|----|-----|---------------------|----|------------|----|-----|---|--------|----|-----|---|----|----|----|
|          |     | 6                   | 13 | 20                                                             | 27 | 4   | 11 | 18 | 25 | 1                   | 8 | 15 | 22 | 29                                                            | 6 | 13          | 20 | 27  | 3                   | 10 | 17         | 24 | 31  | 7 | 14     | 21 | 28  | 5 | 12 | 19 | 26 |
|          |     | BREAK               |    | COMPETITION                                                    |    |     |    |    |    |                     |   |    |    | BREAK                                                         |   | COMPETITION |    |     |                     |    | OFF-SEASON |    |     |   | TRIALS |    |     |   |    |    |    |
| ON-COURT | S&C | MAINTENANCE PROGRAM |    | PLAYING ON AND OFF THE BALL TO CREATE ADVANTAGES, INDIVIDUAL D |    |     |    |    |    | MAINTENANCE PROGRAM |   |    |    | OFF SESON DEVELOPMENT (SHOOTING, 1 V 1, SSG CONCEPTS, TEAM D) |   |             |    |     | MAINTENANCE PROGRAM |    |            |    |     |   |        |    |     |   |    |    |    |
|          |     |                     |    | MAINTENANCE & POWER PHASE                                      |    |     |    |    |    |                     |   |    |    | FOUNDATION PREP / HYPERTOPHY / CONDITIONING   PEAK PHASE      |   |             |    |     |                     |    |            |    |     |   |        |    |     |   |    |    |    |



TRAINING BLOCK



SHUTDOWN PERIOD

Training is separated into blocks, which have different focuses. For instance, athletes will begin with a 4 week block that focuses on foundational strength in S&C and Shot Technique on-court. This will be followed by a short maintenance program prior to break. They will then enter a reorientation & maintenance phase before starting the new block.

# WORKLOAD

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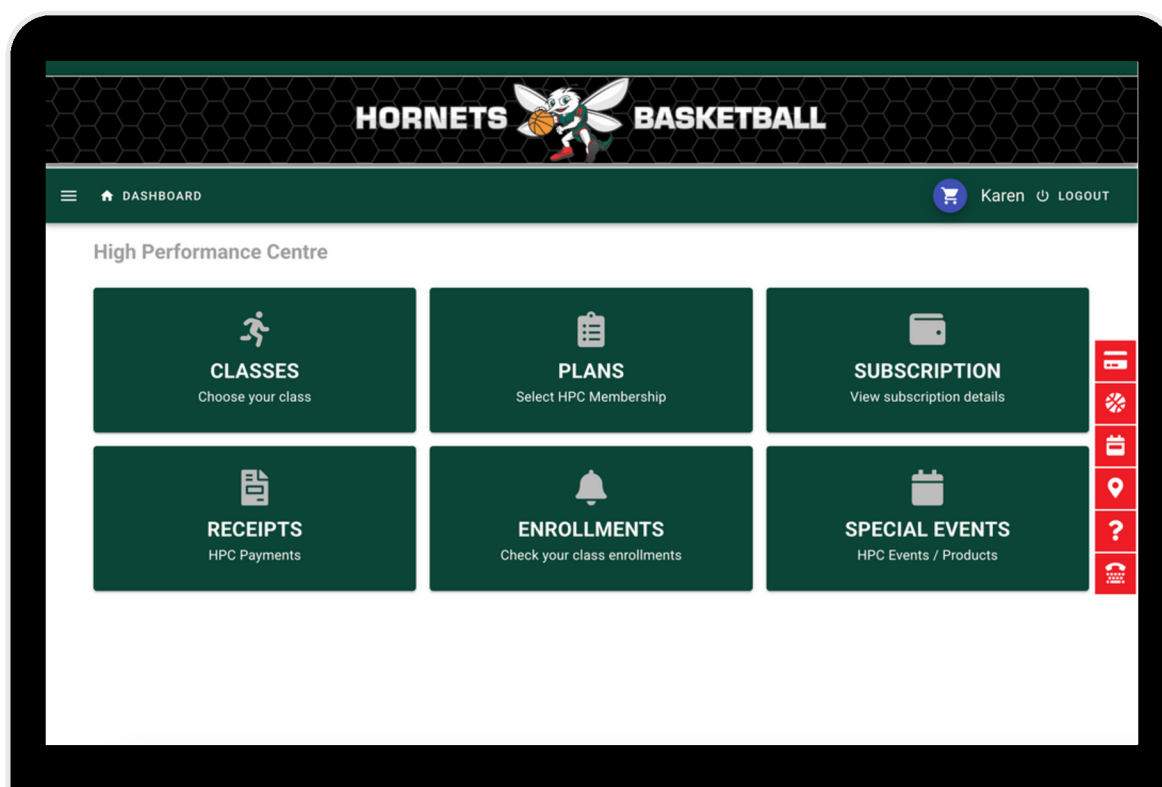


# HOW TO SIGN UP

To sign up for the Hornets High Performance Centre, you must be an eligible Hornets Representative player. You can log in to your personal dashboard and select 'HPC'. This will allow you to purchase a membership, book into classes, change payment details and view receipts.

# EXISTING MEMBERS

Existing members do not need to make any changes, their membership will simply roll over into the new season. In the event that you would like to make changes to your membership, you can so in your player dashboard.



Contact us at [hpc@hillshornets.com.au](mailto:hpc@hillshornets.com.au) with any issues, questions or concerns.