

HILLS BASKETBALL ASSOCIATION PLAYER PATHWAY GUIDE



Chronological Age Timeline

3yrs 4yrs 5yrs 6yrs 7yrs 8yrs 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17 +

LITTLE HOOPERS 3-5YRS

SKILLS SESSIONS/CAMPS 5-12YRS Primary School

SKILLS SESSIONS/CAMPS 13-17RS High School

MINIBALL U9-U12

LOCAL COMPETITION U13-Senior/Unisex

STINGERS SESSIONS U9-U12

HDP U13-U17

REP DEVELOPMENT -PREP4REPS U11-U18YRS

HORNETS REPRESENTATIVE PROGRAM U12-Senior

NSW BASKETBALL

BASKETBALL AUSTRALIA

Please use this pathway as a guide. Age groups where Local Competition & Skills Sessions are offered, players are encouraged to undertake both (not compulsory).

1

Hornets Academy Little Hoopers
Preschool Skills sessions held during school term. Basic skills & co-ordination. Fun, active environment.

2

Hornets Academy Skills Sessions & Holiday Camps
Primary School Skills session held during school term or Holiday Camps. Develop individual skills + team concepts. Beginner to Intermediate.

4

Competitions
Miniball U9 U10 U11 U12

Two seasons available

3X3 and Schools competitions

3

Stingers Sessions
Those who are part of our Miniball Competition & Stingers Club are able to sign up for additional weekly training sessions for their team.

5

Competitions
Juniors Seniors Unisex

Two seasons available

3X3 and Schools competitions

6

HDP Program (U13 - U18)
Sessions held during school term. Designed for local competition players only. Work hard, improve your skills, become more competitive & learn to play at a higher level.

7

Prep4Reps (U11 - U18)
U11-U18yrs Programs offered Aug-Oct each year for local competition players (non rep players) to development prior to Hornets representative trials.

8

Hornets Representative Program
U11 –Senior Hills Hornets Representative teams are selected from our local competitions to compete in Basketball NSW competitions.

Hornets High Performance Centre
Subscription access to our high-performance gym & on-court sessions.

Hornets Elite Camps
Specialised Elite Camps held during school holidays (Rep players only)

9

NSW Basketball
Development Programs & State team selection. Athletes are selected from Associations competing in NSW Waratah Leagues.

10

Basketball Australia
WNBL, NBL, Australian teams & Squads (Junior & Senior).