



Basketball

Season Information:

Senior Basketball (Y11-13):

- Mondays 5pm or 6pm games Terms 2 and maybe Term 3
- 8 week competition starting Monday 20th April and finishing on Monday 29th of June
- No games Kings Birthday weekend

Trainings:

Boys trainings: Wednesdays 5-6.30pm

Girls trainings: Tuesdays 3.30-5pm

Games:

- Girls - Monday Central Otago Secondary School competition and the option of playing on Wednesdays in the Alexandra competition
- Boys - Monday Central Otago Secondary School competition and the option of playing on Fridays in the Alexandra competition

Junior Basketball (Y9-10):

Term 2: After-school hoops

Wednesday at 3:30pm at Dunstan High School for Year 9 & 10s. This is an organised space for students who enjoy basketball and either want to give it a go or get more reps in. The sessions will work on:

- Skill development
- Shooting reps
- Strength & conditioning
- Cardio work
- Proper warm-ups and stretching

Term 3: Central Otago Competition

- Mondays 5pm or 6pm in Term 3
- 8 week competition
- Trainings will start early term 2 on Wednesdays at 3.30pm in the school gym.

Exchanges and Tournaments:

- Senior A Girls - Central Southland College exchange
- Senior A Boys - Central Southland College exchange and SISS Tournament during winter sports week.

Cost: \$50

Uniforms: Supplied by the school. Senior A teams will be supplied a full uniform. B and junior teams will be issued a top and they must wear the school sports shorts.

Equipment Required: Non-marking shoes

For more information please contact Mrs Mullally sports@dunstan.school.nz