



**Balderstone**  
Sports Institute

# **BSI Basketball Academy**

**Grades 8 to 12**

High Performance Training | Academics | Character Development

[www.bsisports.com](http://www.bsisports.com)

# Overview



The **BSI Basketball Academy** is a full-time program which combines high performance basketball training with quality high school education using international curricula.

BSI is the premier private multiple-sport training and education institute in South Africa. Established in 2004, hundreds of talented student-athletes have trained and studied at BSI and have either gone on to achieve success in their sport as professional athletes, used their sport to provide international study opportunities, used their education to forge careers within sport, or used the success traits learned at BSI to achieve in the business world.

BSI's dual pathway philosophy and international network has enabled graduates to study and work in over 25 countries across the globe.

The BSI Basketball Academy provides the opportunity for basketball-focused youngsters to concentrate on their sport of choice and passion, and provides local and international pathways to success.

# Our Purpose

To provide an environment of excellence that encourages the development of each and every student to his or her full potential; in sports performance, education and character development.

To be a hotbed of talent development. To train and produce champions. To develop leaders and positive contributors to society.



# BSI Values & Principles



## **Core Values:**

- ✓ Commitment
- ✓ Excellence
- ✓ Continual Growth
- ✓ Positive Energy
- ✓ Family

## **Key Principles:**

- ✓ Student-Athlete Centric
- ✓ Whole Person Development
- ✓ Uplifting & Nurturing
- ✓ Structured & Disciplined
- ✓ Safe Learning Environment
- ✓ Dual Career Pathways

# Basketball Program: Basic Layout

## Training Program

- ✓ 5 Training Sessions/Week
- ✓ Technical Training
- ✓ Skills Development Sessions
- ✓ Strength & Conditioning Sessions
- ✓ Physical Screenings
- ✓ Tactical Sessions
- ✓ Game-Based Training
- ✓ Video Analysis
- ✓ Mental Training Sessions
- ✓ Match/Tournament Prep
- ✓ Competitive Matches
- ✓ Local & International Tournaments



# Basketball Program: Player Development

## **Technical**

Developing basketball-specific skills necessary to play high performance basketball.

## **Tactical**

Knowledge & understanding of the game and application of its principles.

## **Athletic Development**

Our Sports Scientist works with the players to develop the athletic requirements for basketball while managing training load, minimising injury-risk and monitoring maturation & individual physical development.

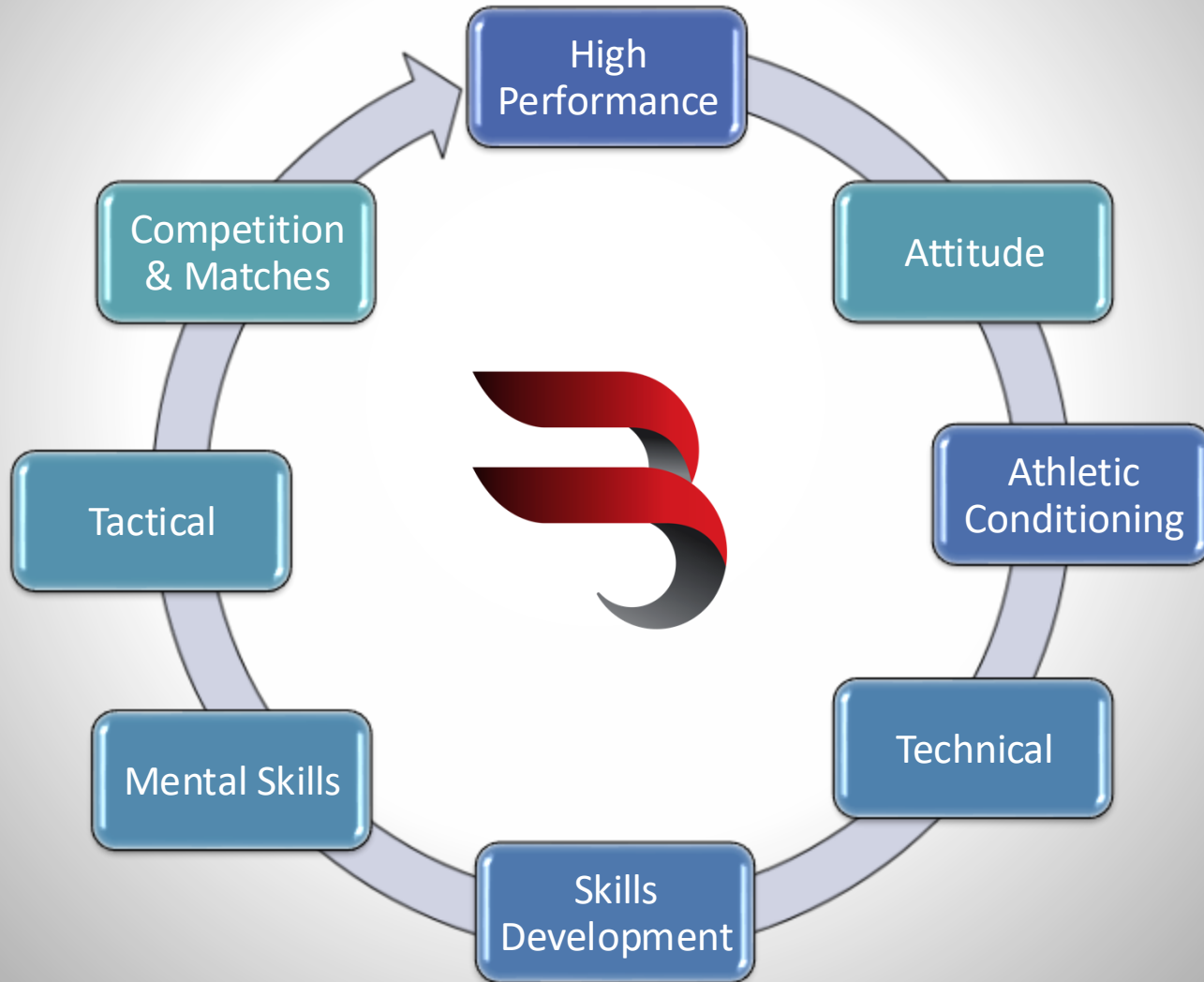
## **Mental**

Our in-house Mental Coach works with the players in a group and individual basis to develop the psychological skills & strategies for optimal performance.

## **Lifestyle**

Developing the daily habits required for success.

# Training Philosophy



# Academics

- ✓ International Study Centre, BSI Linksfield Campus
- ✓ Grade 8 to Matriculation
- ✓ International Curricula (Cambridge or GED)
- ✓ More time to train and compete in your sport
- ✓ Flexible schedule and study pace
- ✓ Sports-focused environment (only student-athletes accepted)
- ✓ Benefits of distance learning, along with classroom supervision
- ✓ Online learner management system with parental access
- ✓ Unique Energizer sessions to start each day
- ✓ Local and international pathways
- ✓ Ample parking for swift and easy morning drop-off for parents





# Cambridge Stages of Learning

## Checkpoint (Grades 8 & 9)

- ✓ Focused on: **Mathematics, English & Science**
- ✓ Foundation based learning to advance student skills for the IGCSE years to follow.
- ✓ 2nd language optional (Afrikaans, Zulu, French or Spanish)

## IGCSE (Grades 10 & 11)

- ✓ More subject based learning, with a wide range of subjects.
- ✓ Exams can be written either in the May/June sitting or the October/November sitting.



## AS-Level (Grade 12)

- ✓ Focused on refining the skills required to write the Oct/Nov exams.
- ✓ Exams may also be written in May/June, however 1 year is required to finish the syllabus.

# GED Option



## General Education Diploma (GED)

- The **American High School diploma** qualifies for a basic matric in South Africa.
- 4 exam subjects.
- The program is user friendly.
- Exams may be written whenever the student is ready (students must be 17 or older to write the exams)
- Exams are written at Boston Universities and Pearson Institutes.

# Weekly Academic Schedule & Support



## ACADEMIC SCHEDULE EXAMPLE (Cambridge IGCSE)

Session/Time	Monday	Tuesday	Wednesday	Thursday
7:30 – 7:45 Daily Energizer / Mindfulness				
Session 1 7:50 – 9:15	Mathematics	Mathematics	Mathematics	Mathematics
Break				
Session 2 9:45 – 11:00	Business Studies	English	Biology Travel/Tourism French	Biology Travel/Tourism French
Break				
Session 3 11:30 – 12:30	Physics Accounting Computer Science	Physics Accounting Computer Science	Economics Afrikaans ICT	Economics Afrikaans ICT
Break				
Session 4 13:00 - 13:50	Computer Science French Zulu	Computer Science French Zulu	Catch-up Tutor sessions	Catch-up Tutor sessions

During self-study times, educators are readily available to assist the students with their individualized study programs.

Educator-led classes are conducted in core subjects.

Online tutor sessions are booked with our subject specialists, providing further assistance in the student’s individual field. Sessions are conducted on a one-on-one basis, ensuring maximum retention of information.

# Pathways After Graduation

- ✓ **BSI College:**
  - Sports Management
  - Sports Turf Maintenance
  - Sports Coaching
  - Sports Fitness Training
  - Post-Matric Basketball Program
- ✓ **USA University/College**
  - Use your sport to gain a scholarship
- ✓ **SA University/College**
  - Use your sport to gain a scholarship
- ✓ **Professional Playing Contract**



# Boarding Facility



Balderstone  
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- ✓ Single & Sharing Rooms
- ✓ Home Cooked Meals
- ✓ Transport
- ✓ Safe & Secure
- ✓ Full-Time Staff Supervision
- ✓ Inverter, Solar Lights, Gas Oven
- ✓ Swimming Pool & Games Rooms
- ✓ 6km from BSI Campus

## Contact Details



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