

22ft twentytwofeet

Basketball Academy

The 22ft Basketball Academy has been set up in Southern France to allow players to attend a Basketball-specific finishing school. The Academy aims to greatly improve the players' basketball skills and prepare them for entering into a European Pro team or go to America.

The 22ft Basketball Academy is offering one of the most structured and intense Postgraduate (Gap Year) basketball programs in Europe with a heavy emphasis on playing basketball at a structured level 'within age group' and at Men's level within the French Men's league.

At 22ft we provide a 'one stop shop' for potential basketballers to hone their skills. Our programs are between eight and nine months of intense basketball... Two practice times a day, with a program which places the emphasis on becoming a more skilled basketball player, training to become a better athlete, and increase options for college scholarship offers or professional opportunities.





Program Highlights

- Two practices per day on Two different court surfaces to allow players to practice at different levels
- High level coaching with a dedicated head coach and assistants
- Work with professional team coaches
- Professional basketball training program which is used by current NBA players, International Stars, and Collegiate All-Americans.
- Extensive exposure to pro teams, colleges or other institutions
- College coaches receive game tapes and updates on players
- Professional Scouts in regular attendance at training and games.
- Playing at professional Men's level, emphasising development.
- Improve individual skill sets, conditioning in private gym.
- Dedicated Chef to help create a healthier training environment
- Off-court sessions in private training facility
- Game tape reviews and team play development

Coaching

The coaching staff at the academy will encompass a head coach who has currently been coaching at Professional level in Europe and has also coached in the NCAA. His coaching abilities are respected and verifiable. He has implemented successful basketball programs in Europe and the NCAA.

An overseas Technical Assistant Coach who has coached in Europe will be on the coaching staff. His responsibilities are to create the working model for the athletes, reviews of games and personal instruction.

We have a local French assistant coach who will handle most of the shooting capabilities of the players. Having shot 72% from 3pts in his career he will now be looking to pass on these techniques to the young players attending the academy





Academics

Players who wish to pursue their academic studies in France will require to enrol in a local French school. Striking the proper balance between academia and basketball is never easy, especially in a different environment, but 22ft can assist players and parents in the process of integrating into the French education system.

Other athletes may prefer to commit to learning French : This can be achieved through private tuition in order that the athletes get the best experience and most effective learning environment.

Help and further information on these options is available by contacting 22ft by email at academy@22ft.com or visiting the website.

What we Do

At 22ft, we have realized that the player is the main reason for creating the academy. It exists to allow the player to develop as a person, a basketball player and to be noticed by potential teams who will either take them to college or straight to the professional leagues.

22ft has developed a careful and detailed approach to technical, tactical, physical and mental elements of training young athletes in basketball which will prepare them for the next level of play. It also enables 22ft to produce skilled, motivated, athletic players who thrive in the competitive arena.



The 22ft program is unique in basketball training in Europe, We recognize that individual player development cannot exist separate from the team environment. Therefore, in order to allow our players to practice, play and improve at their position within a team environment, 22ft has three development teams to play within the French league system. These three teams are based on the age and playing ability of the players, also playing at Men's level, meaning players get the benefits of a varied playing outlook.

Our independent scheduling of league games, tournaments and invitational matches allows the players to play continuously for eight to nine months with between two and three games a week, including Cup matches and Invitationals. This competition is against top quality teams from around the world. It allows the players to get a feel for different types of basketball from different countries and allows them to grow their knowledge of systems, teams, international players.

22ft delivers a demanding program designed to produce the most skilled and fine-tuned players in Europe with the emphasis on going further with basketball as a career and beyond.

Facilities

The 22ft basketball academy has been set up to provide the players with well appointed accommodation in a high quality facility.

The players are housed in a large complex with 8 buildings, each building having a specific use: The players are housed in the main house which has more than 600m² of living space. Each player receives a shared bedroom with 2 players to each room in single beds. The house has a fully operational kitchen wherein the players can prepare light snacks for themselves. The dedicated chef will prepare main meals including breakfast, lunch and dinner. The players have a large living room to sit and relax, as well as a separate TV room, games room and dining room.

There is a private gym with modern facilities for weight training, bikes, running machines, rowing machines, step machines and boxing bags, free weights and mats. In addition a study room is above the gym as well for game tape reviews, technical teaching and seminars on plays, tactics and training meetings.



There is a private swimming pool, archery bays, paintball field, mountain bikes, tactical obstacle course and trekking and walking routes on the property. The property is over 300 acres and has its own private access road.

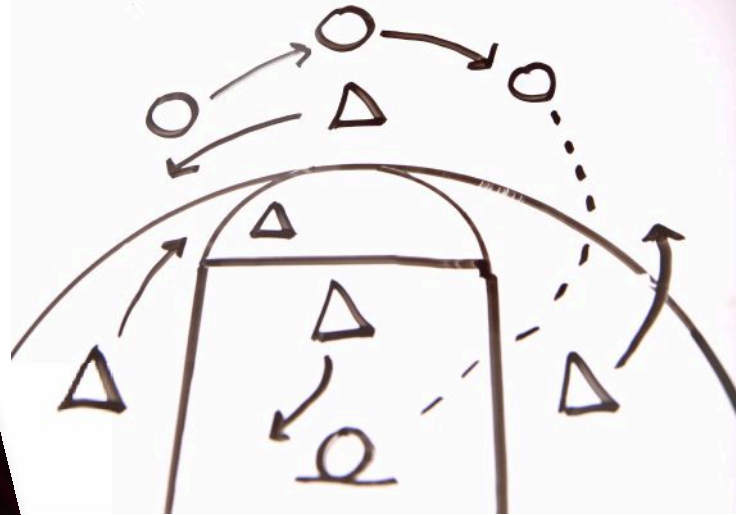
There is a fully fitted restaurant where players will take their breakfast, lunch and evening meals. All players are listed on rotas and will have some chores to perform.

All laundry of sheets, shirts and personal clothes are performed by housekeeping staff. The players are encouraged to keep their own rooms tidy and to look after their own personal hygiene. All rooms are either ensuite bathrooms and toilets or sharing bathrooms.

The facility is Wi-Fi ready with additional internet ready PCs in order that players have access to the internet, telephone and other communication with friends or parents.

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postcards from the edge of the hoop...

On The Courts

On-court instruction at 22ft is detailed, hard working and multi faceted with a view to creating and allowing the player to perfect their individual skills. Our staff will identify individual weaknesses, then develop strategies and implement programs designed to eliminate them. At the same time, they will continue to encourage and push students to improve upon strengths.

It's long days at 22ft with a typical day starting at around 7.30 am with breakfast which then allows us to be on the court by 8.30 through till 10.30 for our first practice session. The daily court workouts are intense, focused and efficient. Fundamentals remain the basis for instruction; we then focus on strength and conditioning with either training in the gym, in the pool or on mountain bikes. A typical endurance training will consist of bike rides, running and then cardio work in the gym before lunch. After lunch its time to relax the body and to study French or private tutoring. Then it's back in the gym by 5pm til 7pm for the second practice in the day. Evening dinner is served around 8pm



and then the players have some relaxation time and can go to the communal tv room, table tennis, play tennis on the private tennis court, go for a swim or just relax on the property and watch a DVD or study.

At 22ft we recognize that no two players are exactly alike. 22ft evaluates and develops specific programs for each individual to maximize his or her abilities with a view to development and encouragement

22ft teaches each player how and when to best utilize these skills in a game situations, and with our own after game classrooms and study facilities we are able to teach and encourage the players to correct mistakes or weaknesses in their game. There is more to effective court play than just jump shots or handling the basketball: Our comprehensive approach enables players to understand how these skills fit into the complete game, thereby achieving a full understanding of the game from a team perspective.

Performance, Strength and Conditioning



With our own private gym, tennis courts, swimming pool, archery range, mountain bikes, assault course and trekking routes our off-court training is still basketball specific and focuses on improving areas that will directly enhance each student-athlete's on-court performance.

22ft works to build players in a very rounded and healthy manner. It's not just a matter of lifting weights and running. We want the players to enjoy the process of getting fitter and better at what they do. We analyze each aspect of a player's game (e.g., on-court movement) and then implement programs to enhance this aspect of his/her game of court as well. A large emphasis is placed on developing core strength, balance, and flexibility to create more explosive, agile and controlled players. Speed, quickness, strength and endurance are all key elements to improved performance on-court. 22ft coaches will develop and condition these elements on an individual basis and elevate ability levels as a result.

Integrated Nutrition

22ft understands that strength training can only go so far without having the necessary foods and nutrition to go with it, so we have a dedicated in-house chef who prepares breakfast, lunch and evening meals for the players and all the 22ft staff on an individual and balanced basis. This little attention to detail is exceptionally important and sets the 22ft basketball academy apart as we are the complete experience. Players will not simply learn what to eat; they will gain an understanding of the effect of nutrition on their performance in all areas. At 22ft, we teach the fundamental reason we are at the academy which is "don't think the dream, be the dream". Thinking, sleeping, eating and developing like a pro basketball player is what we will expect of our athletes.

Parents, guardians or other visiting

As a parent you might want to spend some time in France with your son or daughter. This can be accommodated by simply booking in advance and a room will be made available to you. Accommodation is charged at 45 euros per night, but you will be able to eat and stay at the facility in order to see how the players are progressing. Any transport costs or transfer costs from the airport are charged separately.

Costs

The cost per player per month all inclusive of training, housing, food and transport is 1100, 1300 or 1600 euros per month (depending on depending on the length of your stay and/or scholarship eligibility). This covers all expenses that will be incurred for playing basketball and day-to-day living. A payment can be made on the 28th of each month that a player is in attendance.

Payment can be made from a bank to bank transfer each month, therefore allowing parents, sponsors or guardians to make monthly



Viewing dates

There are a series of trial days and visiting days which have already been scheduled. If travelling from the UK, a flight on ryan air from stanstead to Bergerac is possible. Our current trial dates and viewing dates are available by contacting our office.