

# Glasgow Life Goes On: Glasgow City Basketball Club

## Club response to Covid - How did it affect your club initially?

- **How many weekly sessions across how many venues were cancelled?** 2 Development Sessions (and subsequent 'drop-in' fees) / 1 Girls Only Sessions / 6 Squad Sessions/ 1 Learning Disability Session
- **Full time staff members furloughed.** One Community Coach
- **How many squads were affected and what was the impact on competition?** 6 competition squads plus u12/u14 development teams. U18 Junior Men National League Season ended at semi-final of the Play-Off Stage. SLBA campaigns for 3 squads incomplete plus u18 Jnr Cup Final not played. West of Scotland Regional Development Leagues for u12 & 14 boys incomplete.
- **Fundraising** - The Clubs annual end of season Awards / Fundraising Family Night was cancelled together with two bag packs. Estimated loss of income £2700.
- **Membership - Total number of club members?** 55

## Club ethos/Membership

Glasgow City Basketball Club aims to provide opportunities for everyone to participate in basketball at their chosen level of performance regardless of age, gender, socio-economic background or disability. Operating in the poorest postcodes in the country, we aim to use the lessons of performance basketball to have a positive life changing impact on the young people and communities of the East End of Glasgow. We aim to give everyone the opportunity to progress to performance level sport if they desire to, whilst providing quality outlets for those who don't want to progress to remain within physical activity. Through coach education and official's education we aim to provide chances for young people to progress into employment in the sport that they love.

**Lockdown Ethos** - *"Are you waiting to get back on court, or are you preparing to do so?"*

We are encouraging, supporting and providing the opportunity and expertise to our athletes to stay engaged in basketball at home.

**Communication - how did you previously communicate with club members, coaches and volunteers?** Mostly email supported by Club Facebook page.

**How have communication methods changed?** We have greatly increased our use of the Club Facebook page; our Club Twitter and continued to use Club email. We purchased a Zoom licence to enable us to host Club gatherings online.

## What have you done in response to Covid 19?

- We have introduced 'Quick Time-Out Sessions' which are free to all club members. They last 30 minutes and are a valuable contribution to players' continuous development. They offer an opportunity for players to raise any part of the game that they wish to focus on while maintaining a relationship with the coaches.
- We hosted a 3 day Virtual Basketball Camp.
- Suggested weekly workouts and drills are provided on club social media.
- Bodyweight programme was purchased and forwarded on to squad players. This programme contained instructional text and video and allowed the players the freedom to develop a personal programme that they would be more likely to follow and continue throughout Lockdown and beyond.

## What value would you put against the delivery of the clubs new activities?

- **Number of volunteer hrs per week-** (Quick Time-Out Sessions, 1 hour delivery & 3 hours; Virtual Camp, 12 hours delivery & 4 hours prep; Twitter & Facebook updates 2 hours)
- **Resources/expertise – ‘Bodyweight Programme’; ‘Zoom Licence’:** Not sure how to put a value on expertise, but the effort that goes into ensuring that we deliver the best coaching is huge. We have been engaging with many coaches worldwide via Coaches Webinars from Spain, Canada and Holland to ensure that our own CPD continues.
- **Financial Cost to club - Zoom - 263.94 (6 months)**

## Would it be possible to obtain a few quotes/testimonials from clubs members on the clubs current offer?

“Personally, I found the camp quite beneficial as during that one day, we focused on various things from leg strength to core strength to NBA Derrick Rose’s signature move with all the counters. The ball handling we did in the morning helped cement the basics to which we expanded on in the evening, so it was very nicely linked

For the ‘Quick Timeout Sessions’, I am really enjoying them as it is showing me a different side of basketball from what I am used to. Personally I think it is improving my basketball IQ and now when I am watching games, I tend to see the things we have been learning about. It has also given me an appreciation for a good offence as well as good defence.”

“I was really nervous to start as I wasn’t sure how it would work with the iPad. After 5 minutes I knew I was going to enjoy it. Knowing everyone couldn’t see me working out was good as it made me less nervous. The coach, Alex was so good and taught me so much. He explained things so well, step by step with new ball skills, moves and gave me lots of motivation. The Music was really good too. The workouts were tough and tiring but made me realise that I need that training to build up my strength to improve my technique and playing. It’s made me love basketball even more and I can’t wait to start the club again and get playing for real, thanks to the virtual basketball camp. Thank you, Ava”



### Glasgow City Basketball Club

#### Virtual Basketball Camp



 <p><b>Ball Handling</b></p> <p>Players will have the chance to develop:</p> <ol style="list-style-type: none"> <li>1. Individual Dribbling Skills</li> <li>2. Ball Control</li> <li>3. Hand and Wrist strength</li> <li>4. Hand to eye Coordination</li> </ol>	 <p><b>Physical Conditioning</b></p> <p>Players will work on:</p> <ol style="list-style-type: none"> <li>1. Whole Body Strength and Power</li> <li>2. Cardio and Conditioning</li> <li>3. Core and stability</li> </ol>	 <p><b>Film Study</b></p> <p>Players will learn about:</p> <ol style="list-style-type: none"> <li>1. Individual Offensive Moves</li> <li>2. Individual Defence</li> <li>3. Team Offence</li> </ol>
 <p><b>Guest Lectures</b></p> <p>Provides players with the chance too:</p> <ol style="list-style-type: none"> <li>1. Learn from industry experts</li> <li>2. Ask questions in Q and A style sessions.</li> </ol>	<p><b>When:</b> 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> May  <b>Time:</b> 10am-3pm  <b>Where:</b> Your Living Room  <b>Age Range:</b> 10 Years Plus  <b>Cost:</b> £30  <b>Equipment:</b> Device with Internet access, Basketball, Note Book and some empty space            For more information on how to get involved drop us a line at <a href="mailto:glasgowcitybasketballclub@gmail.com">glasgowcitybasketballclub@gmail.com</a></p>	 <p><b>Workout Plans</b></p> <p>Players will get access to:</p> <ol style="list-style-type: none"> <li>1. Individual Conditioning Plans</li> <li>2. Ball handling Workouts</li> </ol>