

IPSWICH BASKETBALL
ACADEMY

**BASKETBALL AND ACADEMIC EXCELLENCE
AT COPLESTON SIXTH FORM**



Copleston
Sixth Form



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AT COPLESTON SIXTH FORM

OUR MISSION

Ipswich Basketball Academy aims to educate and equip aspiring elite level basketball players with the necessary knowledge and tools to perform at the highest level of the sport. We aim to provide an experience that combines a first class Sixth Form education with high performance coaching and competition. Our goal is for our student athletes to leave our programme, not only as better basketball players, but more importantly as better people.

HISTORY

Ipswich Basketball Academy was formed in 2008 following the emergence of Ipswich Basketball Club as one of the leading junior programmes for boys and girls in the country. With several players developed in Ipswich forced to move away from the area to pursue their basketball dreams in an academy, it became evident that there was demand for a performance programme based in Ipswich. Ipswich Basketball Club met with several potential hosts for the academy, eventually agreeing a partnership with Copleston High School and Sixth Form, a high performing academic institution that had a great tradition for dominating the school sports landscape in Ipswich and Suffolk. Ipswich Basketball Academy quickly became one of the leading academies in the country. The academy became part of the AASE (now DiSE) programme in 2009, at the time there were very few AASE programmes in the country.

By 2012 IBA reached the 'Final Four' of the Elite Academy Basketball League (EABL) and matched that achievement for a second consecutive year in 2013. In 2012 the Academy also launched its girls programme. When the Women's Elite Academy Basketball League (WEABL) was launched in 2015, IBA again reached the Final Four in its inaugural season.

Heading into the 2021 season, the Academy is coming off another trip to the Final Four in the EABL while the girls were named WEABL National Champions (shared with City of London Academy) after the final was cancelled due to COVID-19. Since the EABL was launched a decade ago, a Copleston player has been named EABL League MVP three times: Sam Newman in 2015 and Ethan Price (pictured right) in both 2018 and 2019. In the WEABL, IBA is one of only four programmes to have been crowned National Champions.



EDUCATION

All Ipswich Basketball Academy students are enrolled at Copleston Sixth Form. At Copleston we provide the very best academic experience for our A-Level students. We believe that we are the Sixth Form of choice for studying A-Level courses in Suffolk and upon completion of the Copleston Sixth Form journey, our students will be equipped to become future leaders within our society.



Our students are taught by specialists who are both passionate about their subject area as well as highly qualified. These teachers are keen to enrich and accelerate opportunities for all students, specifically those with the capability, potential and motivation to embrace challenge. In a globalised world, securing strong qualifications and a track record of success has never been more important. At Copleston Sixth Form, we want our students to leave us as confident, articulate and mature young adults, imbued with the habits and skills needed to be successful in their chosen careers.

We believe that our academic offer here at Copleston and Ipswich Basketball is a major separator when deciding which academy fits your needs both on the court and in the classroom. Copleston Sixth Form is an academic centre that offers primarily A-Level courses, which differentiates the Sixth Form from many others in the DiSE programme. We believe strongly in ensuring our student athletes are fully focused on their academic studies and getting qualifications that will support them in their next steps. To view the full Copleston Sixth Form Prospectus and our range of courses, please visit this link:

https://www.copleston.suffolk.sch.uk/_site/data/files/publications/2022-6th-Form-Prospectus/index.html

In 2021, Copleston Sixth Form achieved the following outstanding headline results:

- 86% of student grades were A* to C
- 38% of student grades were A* or A
- The average grade achieved by students was a B
- 34% of our students were placed at Russell Group Universities (the top 20 Universities in the UK)

Further to on-court and in-class excellence, we encourage our student-athletes to get involved in the wider school community. Current Academy player Saruna Gudza (pictured right) is one of the Sixth Form's Head Prefects, the most senior student-held position in the school.



LEVEL OF PLAYERS, ENGLAND DEVELOPMENT PROGRAMME & DISE:

Ipswich Basketball Academy and Copleston Sixth Form is one of a very select few basketball programmes nationally that offers the Diploma in Sporting Excellence (DiSE) as part of the England Development Programme. The England Development Programme (EDP) is designed to meet the needs of players aged 16-19 that wish to continue their sporting career and gain appropriately levelled educational qualifications at the same time. DiSE is not a qualification for simply playing the game: it is a two-year programme where players receive additional support and guidance for their basketball development and education. The EDP is aimed at athletes who have the realistic potential to achieve excellence and are seeking to perform at the highest level as their main career goal.

EDP Academies compete in the EABL and WEABL and we are held to a higher standard than non-EDP programmes. We are audited and monitored by Basketball England, to ensure a higher level of Coaching, Strength & Conditioning, Sports Science and Medicine, as well as more on court contact time with these elite professionals.



FOLLOW US & GET IN TOUCH

www.twitter.com/iba_copleston Twitter

www.instagram.com/iba_copleston Instagram

www.ipswichbasketball.co.uk/academy Website

To get in touch with our Academy Director Nick Drane, email at:

ndrane@copleston.suffolk.sch.uk

COMPETITIONS & PLAYING OPPORTUNITIES:

U19 WEABL/EABL

IBA have teams that compete in the highest level of junior basketball in the UK: the Elite Academy Basketball Leagues known as the WEABL & EABL. These competitions are designed to provide an outlet for those players attending one of the fifteen England Development Programme's (EDP) in the country. Copleston are traditionally one of the powerhouse programmes in both girls and boys competitions, with our boys team having reached the 'Final Four' three time's while our girls have also reached that same stage on several occasions, and were crowned co-champions of the WEABL in 2020. Academy games traditional happen on a Wednesday afternoon, and IBA compete in the South Conference, traditionally the toughest conference of the elite leagues.



U18 National League

As an academy, we are committed to providing competitive opportunities for all our athletes, and we are acutely aware that not every player will be ready to make the jump from U16 basketball straight to the Elite U19 competitions. In addition to the elite level Wednesday games, we enter academy teams into the U18 National League, in which both our girls and boys team compete in the Premier Division. This competition is used to provide competitive game play for those players that are not yet established at Senior level - ensuring that every IBA player plays a high-level game each week. In 2020, our U18 Women's team won the National Cup, the only national competition to award a trophy during the 2019/2020 season that came to an abrupt end due to COVID-19.



Senior NBL & WNBL

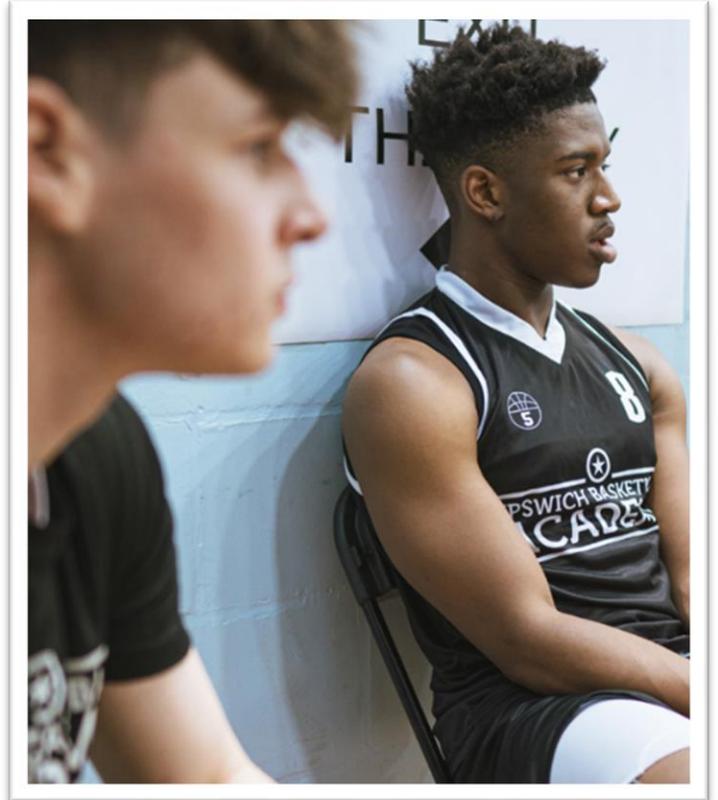
In partnership with Ipswich Basketball Club, IBA offer WNBL Division One to our female players, and NBL Division Two to our male players as an opportunity to play at the Senior National League level. This level of basketball is reserved for the 'high performance' players in our programme, usually those that are part of the Great Britain talent pathway, or potential scholarship athletes. In the 2020/21 season, Ipswich Basketball Club's Senior Women won the WNBL Division One League and Playoff double, with a team made up entirely of current and former academy players (some pictured left)



WEEKLY TIMETABLE

The academy weekly timetable includes an Elite Academy Basketball League fixture, two team practices (WEABL/EABL) per week, with additional sessions for those invited to play Senior National League. Players will have timetabled 'individual' workouts and 'shooting sessions' with a professional coach, as well as two supervised Strength & Conditioning sessions with a UKSCA qualified professional. Our physiotherapy team are on site two afternoons per week, and athletes also have access to our medical team five days per week at their clinic if additional treatment is required.

In addition to the above, players will be able to access video analysis software to review their performances, both independently and with a coach.



Our players undertake weekly well-being checks to monitor their physical and mental health, as well as monthly physical reviews (height and weight). Our athletes are performance tested once per term to test their physical development (speed, ability, endurance, power).

ACCOMMODATION

Ipswich Basketball Academy works with Alpha Guardians, to provide accommodation for our players that do not live in the Ipswich area. Alpha Guardians provide a high-quality service for students and student/athletes in the area living without their parents. They have students studying in both independent and state schools and cater for elite athletes and international students.

STAFF

Head Coach & Academy Director – Nick Drane



Coach Drane has nearly two decades of experience as a professional basketball coach and has established himself as one of the most respected coaches we have in this country. He has worked at international level at both U16 and U18 Men level and has won national championships across a variety of levels from U13 boys right up to Senior Women level. He has been recognised on numerous occasions for his outstanding track record as a coach, winning several awards for his work, both within the basketball community having won EABL, NBL and WNBL coach of the year as well becoming the first ever basketball coach shortlisted for the UK Coach of the Year award. Nick is also the Head Coach of Ipswich Basketball Club, one of the leading National League Club's in the UK.

Head of Strength & Conditioning & Assistant Coach – Adam Robinson

Coach Robinson is a UKSCA Accredited Strength & Conditioning Coach and is a key reason while Copleston is always near, or at the top of Basketball England's annual Sports Science and Medicine Audit. In addition to his outstanding work with Copleston, Adam has also been the lead S&C Coach with the Great Britain U16 Men, meaning his pedigree as an Academy S&C Coach is second to none. In addition to develop several players through the hugely successful Ipswich Basketball Club junior programme. In 2018 Adam led the Ipswich U16 Boys to 3rd place in the country. Coach Robinson is also the current Head Coach of Ipswich Senior Men, ensuring that all Academy players in the senior programme are coached by Academy coaches in National League as well as in the Academy Leagues.



Assistant Coach – Danny Manning

Coach Manning has joined IBA as an Assistant Coach in the 2021/22 season following his graduation from IBA as a player. Danny also currently coaches Ipswich U16 Boys, giving him a unique, up to date insight into the progression from U16 to U19 Elite Academy basketball. His experience as a member of the Ipswich Basketball Club junior programme as well as his three years within the Academy set up as a player provides an incredibly valuable role model and mentor for our current student-athletes.

Lead Physiotherapist – David Williams

David Williams is unquestionably one of, if not the most experienced physiotherapist's working within the academy structure in English Basketball. Before working in basketball David worked in professional football first with Tottenham Hotspur and more recently Ipswich Town. David has worked at the very highest level of professional sport in the English Premier League and his time in football's top flight led to him working with senior international athlete's. He has travelled all over the world in his capacity as a physio, working in world famous arenas such as Old Trafford, the San Siro and Wembley Stadium.

EXIT ROUTES

We are incredibly proud of the pathway we offer our student athletes here at Ipswich Basketball Academy and our track record of supporting players beyond their time with us is almost unrivalled. We have had several players, both male and female, recruited to play basketball in the NCAA on full athletic scholarships, ranging from high profile Division One programmes to Universities in Division Three, as well as Junior Colleges and programmes in Europe. In addition, several former IBA players are now playing at the University level here in the UK, receiving financial aid or scholarships due to their basketball. We also have former players now earning money as professional players both here in the UK and in Europe. We are also extremely pleased that former academy players have worked and currently work as part of our highly skilled coaching staff, demonstrating a unique pathway into working as a paid professional within sport.



GB REPRESENTATION

For the past 12 years and counting, Ipswich Basketball Club and Ipswich Basketball Academy have had members of the Great Britain / England Junior programme every year. In 2019, the last pre-COVID-19 participation of GB teams in European competition, 5 of the 24 players on the GB U18 Men & Women teams came from Ipswich, demonstrating the pathway available for athletes here.

MEN

Ethan Price (2019)
Veron Eze (2016, 17, 18, 19)
Joshua Apple (2016)
Caleb Fuller (2015, 17, 18)
Luke Mascall-Wright (2014)
Ben Mead (2010, 11, 12, 13)
Joel Keeble (2010)
Dylan Johns (2009)

WOMEN

Maya Price (2017, 19)
Esther Little (2016, 17, 18, 19)
Cameron Taylor-Willis (2018, 19)
Ella Pearson (2018)
Becky Harwood-Bellis (2017)
Freya Cooney (2014, 15, 16)
Ashleigh Pink (2014, 15, 16)
Karlynn Edgeller (2011)

PATHWAYS

There are no promises at IBA. How far you get, and what success you ultimately achieve will be down to you. There are no guarantees that if you attend our programme, you will achieve your dreams. That being said, there is overwhelming evidence that if you apply to required level of commitment to excellence, both academically and on the basketball court, that realistic goals can be achieved. Below are some examples, but certainly not the only success stories from the academy pathway...



Ethan Price - Eastern Washington University

Ethan joined the academy in 2018 at the age of 16, having been a junior at Ipswich Basketball Club since he was an under eleven. While Ethan was unquestionably talented, and had shown huge promise as a club player, he had not yet established himself on the national stage and had not been selected for the England/Great Britain junior teams. In Ethan's first year at the academy, he was named EABL MVP and Defensive Player of the Year, and was selected to the Great Britain u18 Men to play in the European Championships (Division A) in 2019. By the end of his first year in the academy Ethan was being heavily recruited to play Division One College Basketball in the NCAA. In his second year at IBA, interest in Ethan from America grew further, with multiple high-level School's flying out to the UK to see the academy train and play. He was again named

EABL MVP, he led the academy to the final four and eventually settled on committing to the Eastern Washington University in the Big Sky Conference of NCAA Division One, choosing the Eagles over world renowned programme's such as the University of Southern California and Georgia Tech.

Esther Little - Gonzaga University

Esther's rise to success within the Ipswich programme has been well publicised. However, when you factor in just how many young players look like they could be exceptional when they are an U14 - and how many are still on that trajectory as young adults, a greater appreciation for Esther's basketball journey is achieved. Esther came to the academy having already represented Great Britain at two European Championships, had won multiple national championships and was already an integral part of the Ipswich Basketball Club Senior Womens revolution. Yet, once at the academy it cannot be denied that Esther took her game to another level. Recruited by over seventy NCAA Division One College's, winner of a staggering eleven National Titles at school, academy, and club level, setting a record for rebounds by a British female player at a European Championships all while helping to establish Ipswich and IBA as arguably the most dominant women's programme in the country during her time with IBA. Esther is currently a freshman at Gonzaga University, a top 15 ranked college in NCAA Division One.





Harriet Welham – Besancon (France)

Harriet graduated the academy in 2016, having spent three years at IBA. Before Harriet played in the inaugural season of the WEABL in 2015/2016, she was a player very few people knew of outside of the Ipswich area. Following the 15/16 season, in which Harriet led the WEABL in scoring and was named to the ‘All First Team’, she opted to not accept offers from College’s in the NCAA, as she made the decision that a University education was not for her. Instead, Harriet qualified as a Level Two basketball coach and became the lead coach of the Playground2Pro Community Basketball Programme, while continuing her playing career in the National League with Ipswich. Harriet’s success and impact on the community programme led to her being appointed as the assistant coach at Ipswich Basketball Academy, as well as the Ipswich Basketball Club ‘All Girls’

ambassador. As a player, Harriet became one of the highest profile and best players in the country, leading Ipswich to the 2018 National Cup (Winning MVP), the 2020 WNBL Division One Championship (Winning League MVP) and the 2021 WNBL League Championship and Playoff Double (Winning League MVP). In 2021 Harriet was selected to be part of the England Senior Women squad as part of the preparations for the Commonwealth Games. Harriet successfully combined an aspiring career as a young female coach with that of an ambitious player within the British game. Harriet currently plays professionally in France but has every intention of returning to Ipswich to finish her career as a player and continue her journey as a coach.

Joshua Apple – East Central University

Josh joined IBA having moved to Ipswich to attend St Joseph’s College on a Rugby Scholarship. During his time at St Joe’s, Josh (who had not previously played National League Basketball) started taking basketball more seriously than Rugby and chose to swap his chosen sport. In his first season in the EABL, Josh quickly used his immense physical gifts to become an effective player – resulting in his surprise selection to the England u18 Men’s team in 2016. In 2016/2017 Josh emerged into one of the best players in the EABL, averaging over twenty points and ten rebounds for Copleston, attracting interest from several NCAA schools in the process. Josh is now in his senior year at East Central University and is one of the biggest success stories of the academy programme.

