

Frequently Asked Questions:

Barking Abbey Regional Institute of Basketball

What will athletes do in a typical week?

At Barking Abbey a typical week runs Monday to Friday and includes five hours of individual skill development, six hours of group practice and three hours of strength and conditioning. In addition, athletes will also attend a club practice once or twice a week with one of the partner clubs. All of this is integrated into the athlete's academic workload.

A typical day at starts with a session at 8.30am includes academic work during the day and finishes at 6.00pm.

Weekends involve games in the England NBL at level that is appropriate for the athlete. The Barking Abbey Institute partners with nearby clubs to provide a competitive experience that is tailored to the development level of each athlete.

Female athletes play together as a Barking Abbey team in EBL Senior Division 1. Male athletes play together for the Barking Abbey team in EBL Senior Division 4. In addition, a small number of male athletes are chosen to play EBL Senior Division 1 for the London Leopards.

If female or male athletes are age-eligible for Under 18 Junior EBL national league they can play in that competition for a variety of partner clubs.

What academic options are available?

At Barking Abbey it is important that athletes develop their academic abilities alongside their basketball abilities. The institute operates a 6th Form with a full range of A-levels, Btecs and NVQ's are offered. An academic mentor and Head of 6th Form are available to assist students with their options.

What qualities are you looking for in a player?

The coaching staff at Barking Abbey evaluate a wide range of qualities in potential players. In particular, the coaches look for:

- Physical attributes – speed, quickness, size
- Mental attributes – an intense work ethic, the ability to work hard in sessions and the desire to challenge themselves
- Basketball intelligence

Who will be delivering the coaching sessions?

The Barking Abbey institute is led by Mark Clark as Director and Head Coach, ably supported by Coach Lloyd Gardner.

Mark most recently coached Great Britain Senior Women, winning promotion in 2006-07 from Division B to Division A of the European Championships. Mark is an England Basketball Senior Coach. He has coached female National teams at U16, U18, U19 and Senior. He coached England to the Commonwealth Championship Gold Medal in 1991 and was the Assistant Coach for the Bronze Medal winning team in 2006. Mark has also coached in the professional Men's British Basketball League (BBL); was Assistant Coach when the London Leopards won back to back national titles and



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the National Cup; and has coached at various levels in the English Basketball (EBL). Mark has also won national championships in age group boys competitions as Head Coach.

Lloyd Gardner has worked at Barking Abbey for three years. He has recently attained the qualification of Level 3 coach. He was a member of the Great Britain Senior Women's coaching staff with responsibility for game scouting and has worked with the England U16 Men team. Lloyd has considerable international experience having working many European camps including the Nike Without Borders Camp and takes a led role on the placement of Barking Abbey students in US universities. Previously Lloyd has worked within the Reading Rockets Junior development programme. As a player Lloyd played professionally for the London Towers and London Leopards, he spent two years at university in the USA before completing his education in the UK.

There is also one additional vacant coaching post currently being filled.

What have previous Barking Abbey athletes gone on to the achieve in their careers?

- Herriot Yea - current member of Great Britain Under 20 and Senior Women squads. Plays club basketball professionally in Spain.
- Joe Ikhinmwin – Great Britain Under 20 Men captain 2007, Academic All-American at Simole State Junior College in Oklahoma. Currently being recruited by NCAA Division 1 colleges.
- Kashmere Joseph – current member of Great Britain Under 20 Women squad and starting for Seton Hall in Division 1 of the NCAA.
- Valentine Golchev – selected for Bulgarian Under 18 national team and currently on scholarship at Northumbria University.
- Leah Dehann – current member of Great Britain Under 20 Women squad and recipient of scholarship to University of Wales Institute (UWIC)
- Ben Russell – member of the Great Britain Under 20 Men squad 2008, currently playing in the BBL for the London Capitals.

What impact does joining your Institute have on a player's NCAA eligibility?

Playing at Barking Abbey can improve an athlete's future basketball prospects, including the NCAA. The academic programme has no effect on NCAA eligibility and can, in fact, help an athlete's eligibility by improving their academic record.

Previous graduates are now playing at various points across Great Britain, Europe and America.

What is the annual calendar? How many weeks do athletes reside in your Institute?

Athletes are in the programme for 38 to 40 weeks of the year. Barking Abbey follow the English school term dates and athletes stay in the programme during mid-term breaks for additional practice.

Where can I get more information?

www.abbeybasketball.com contains a wide range of information about the basketball programme and life as a student at Basketball Abbey.

Contact Mark Clark, Director, at markclark@abbeybasketball.com

