



University of
St Andrews | FOUNDED
1413



SAINTS  SPORT

SAINTS

BASKETBALL

PERFORMANCE PROGRAMME

OUR



VISION

Our aim is to provide a programme that allows players of all abilities to play the sport we all love, whilst pushing our athletes to reach new heights and become the best they can possibly be.

The basketball programme at St Andrews ensures all players benefit from a holistic, athlete-centred programme, enabling them to compete at the highest level possible and reach their full potential.

We aim to inspire our students and actively encourage every player to work hard, develop, improve and enjoy their basketball experience at university whether it be playing, coaching, refereeing, volunteering or socially.

'WE will be the best TEAM, WE can be.'

The Basketball Club is part of the University's Performance Sport Programme and over the past few years has grown significantly, with teams regularly competing at some of the highest levels of Scottish university basketball.

THE

CLUB

The club currently fields two competitive Women's teams and two Men's teams in the British Universities & Colleges Sport (BUCS) Championship, with a non-conference schedule also in place for the Women's 1st Team, whilst the Men's 1st Team competes in the local Fife and Tayside league.

Our Women's 1st Team has had great success in recent years, winning the BUCS Scottish 1A back-to-back in 2014-2015 and 2015-2016 and competing in BUCS Premier North for the first time in 2016-2017.

The growth of the club in recent years has seen the development of second teams in both the Men's and Women's programmes, which provide a pathway for beginners to develop their skills under the supervision of our experienced competitive players and coaches. For those who are interested in playing recreationally and just for fun we also run weekly club sessions.





THE

The Basketball Club is one of 12 performance sports at St Andrews, benefiting from increased support and a dedicated sports specific Director.

PROGRAMME

We strive to provide the very best support and a comprehensive programme of training and competition to enable our students to excel in both their academic and sporting endeavours. Players on performance teams will have access to the highest level of support, some highlights are:

PROGRAMME HIGHLIGHTS

- Three training sessions per week focusing on skill development and team preparation
- Weekly sport specific strength and conditioning sessions led by accredited Strength & Conditioning (S&C) coaches
- Individual skills sessions with the Head Coach and Director
- Physiotherapy support
- A series of seminars to improve understanding of nutrition, recovery, psychology and time management
- Regular fitness testing to monitor progress
- Individual meetings to discuss personal goals
- Competitive matches for all abilities throughout the season
- Video analysis and game feedback
- Access to off-season programming for both S&C and basketball skills workouts
- Comprehensive pre-season training camp
- Leadership and personal development programme
- Opportunity to become a qualified basketball coach and/or referee

DIRECTOR OF BASKETBALL
Callum Knox

Callum Knox joined the University as Head Coach of Women's Basketball in 2014, before being appointed Director in 2016.

THE

Callum is a UKCC Level 2 qualified basketball coach and in addition to his role at the University is a member of the coaching staff for the Scottish Under 16 Women's Basketball Team and last year was the Head Coach of the Scottish Student Sport Team. He is a sportscotland Sports Educator and a Scottish Sports Futures Young Coach Mentor, and has coached all skill and age levels from primary school to international standard athletes.

In recent years, Callum has led the Women's 1st Team to two BUCS Scottish Division 1A titles, a promotion to BUCS Premier League and a National League Cup Final appearance. Along the way he has received several personal awards for his contributions to the sport, the most prominent being basketballscotland Development Coach of the Year in 2015. In the same year, Callum took on the role of Head Coach for the Scotland Under 15 National Development Squads, which competed in Barcelona, Spain.

His coaching style continues to evolve with a player centred approach at the heart of everything he does. When he's not coaching, Callum is also the University's Health and Fitness Manager.

DIRECTOR





OUR

FACILITIES

The University Sports Centre has recently undergone a major £14 million refurbishment and now provides some of the best sports facilities in Scotland.

The new sports arena houses two basketball courts, which are utilised for both training and matches, fully embedded video analysis technology and movable bleacher seating allowing for a crowd of 400 spectators at showcase fixtures.

As a Performance Sport, the Basketball Club also gains access to full S&C support, including supervised sport-specific lifting sessions twice a week from accredited coaches. Our Strength & Conditioning Suite is dedicated to elite teams and athletes, providing a private space in which to train undisturbed. Featuring five lifting stations, a three-lane plyometric track, a throws wall and a designated 'rehab zone', the new strength and conditioning suite also offers video analysis support.

Joining a sports club is a great way to meet new people and make new friends when arriving in St Andrews, and opens up a wealth of experiences and opportunities.

BEING A SAINTS

The Basketball Club recruits annually in September, offering a give-it-a-go session in the first week of term giving everyone a chance to experience basketball at St Andrews before formal try-outs take place. We take on both those completely new to the sport and those who have previously played competitive basketball.

Our athletes come to St Andrews from all over the globe, bringing with them different backgrounds, experiences and skill sets, creating a very inclusive and close-knit community, where our newest members are quickly integrated and lifelong friendships are formed.



SPORT ATHLETE



COMMUNITY

The University provides many opportunities for students to gain UKCC level coaching qualifications during their time at St Andrews, enabling them to work in various capacities as coaches and volunteer in the local community.

The Basketball Club is very passionate about expanding opportunities for playing sport in the local area, and particularly developing the sport of basketball both in the student population and the wider community.

Over the past few years, student volunteers from the club have been coaching teams at St Leonards School and Madras College in St Andrews, who take part in the Scottish Schools Basketball Championships.

More recently, we have offered introductory weekly basketball sessions for children aged 5-9 years and 10-13 years as part of the University's wider Junior Saints programme, giving students the opportunity to enhance their teaching and coaching skills.

Led by the Director of Basketball, the club also runs a Summer Skills Camp, which offers young basketballers the opportunity to work on their sport during the school holidays.

ENGAGEMENT

Our international volunteering projects in Africa offer students a wonderful opportunity to add value to their university education, enhance their global awareness and develop their leadership, teaching and coaching skills.

Each year, volunteer coaches from St Andrews team up with students from seven other UK universities as part of the Wallace Group's Volunteer Zambia Project.

Spending six-eight weeks in Lusaka during the summer, the volunteers help deliver PE lessons, sport specific coaching and classroom based sessions in various schools and compounds in and around the capital. The student coaches work with children to advance their basketball skills and to inspire leadership, teamwork, and personal development through sport. Whilst sport is at the centre of everything we do, the main objective is to engage with the local children and teach them various life skills.

INTERNATIONAL

"I volunteered for just under eight weeks working with Sport in Action, the Perfect Day Foundation and fellow students within the Wallace Group. My coaching skills have undeniably progressed as I was often working with such a range of ages and talents and varying levels of English but my skills in working as a team have enhanced massively as it was so important that you were able to work alongside your placement partners and the rest of the students involved."

– Fiona Murray, 2017



VOLUNTEERING

THE ST ANDREWS

For more than 600 years, the University of St Andrews has established a reputation as one of the world's leading research and teaching centres.

EXPERIENCE

Today, the University offers a flexible degree structure based on your choice of subject or research specialism, creating an environment which nurtures inquisitive minds and a culture of shared learning.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient and modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

St Andrews offers students from all over the world an outstanding academic education with research-led teaching and a truly unique student experience. The University's size gives students at all levels access to top academic staff, and with students from over 140 different countries and territories, every student gets a truly international experience.

There are plenty of opportunities to meet the University staff, both in St Andrews and elsewhere. Whether you have questions about your application or student life, you can do so no matter where you live.



Saints Sport

University Sports Centre
St Leonards Road
Fife, Scotland, UK
KY16 9DY

www.st-andrews.ac.uk/sport

E: sport@st-andrews.ac.uk

T: +44(0)1334 462190



Callum Knox

Director of Basketball

E: cgk@st-andrews.ac.uk

T: +44(0)7860941365

Find us online at:

E: basketball@st-andrews.ac.uk

www.saints-basketball.com



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