

Helping Athletes Navigate School & Basketball

High-performance Basketball brings amazing opportunities—but it also brings competing demands and the need for smart choices. As a parent or guardian, you play a critical role in helping your young person manage their commitments across sport, study, work and life.

Here are 4 practical tips to guide your support:

1



GET ORGANISED – AND STAY AHEAD

- Help your athlete/young person look ahead at each school term and competition block.
- Sit down together and map out the key dates—assessments, camps, family milestones, tournaments—and work out where the pressure points might be.
- Early communication with your athlete's school and sport is vital.
- Build relationships with key contacts at school (Head of House, Head of Year Level, Director of Sport), and share the calendar of sporting commitments.
- Build relationships with key contacts in sport (Wellbeing Manager, Coach, Pathway Manager) and share the calendar of academic and personal commitments.

2



EXPLORE SCHOOL FLEXIBILITY & SUPPORT

- Does your child's school offer flexibility with attendance, assessments, or curriculum pathways in Years 11 and 12? Completion of school is important for future success, so consider how you can work with the school and your young person to support this.
- Does your child's school offer sporting scholarships? This can be helpful for some families—but not all. You must weigh up the financial benefits with the school's expectations that come with an offer. Take time to review the requirements before committing to any scholarship or alternative pathway.

3



PROTECT WHAT MATTERS

Sport is important, but so are milestones like birthdays, graduation, school camps, and family holidays. These moments foster connection, identity and resilience. Prioritising special events doesn't mean your athlete isn't committed to their sport — it reflects a well-rounded perspective. Truly successful athletes lean on and learn from family and friends throughout their sporting journey, making these connections essential to both their growth and performance.

4



PROMOTE SELF-ADVOCACY AND TEAMWORK

Parents don't have to carry the whole load. As your young person matures, encourage and allow them to take the lead in speaking with teachers and coaches about their commitments and what they need. This builds responsibility, confidence and independence which are vital in sport and in life.