



# NEWSLETTER

10 April 2009



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## The History of Five-Star Basketball

Since 1966, no organization has had a greater impact on the sport of basketball than Five-Star Basketball. Five-Star has more graduates playing college or pro ball than any other organization.

More than three hundred and sixty Five-Star participants have played in the NBA, including: Michael Jordan; LeBron James; Carmelo Anthony, Dwyane Wade; Vince Carter; Sam Cassell; Rasheed Wallace; Alonzo Mourning; Grant Hill; Stephon Marbury; Elton Brand; Rip Hamilton; Ron Artest; Brad Miller; Isiah Thomas; Patrick Ewing; Moses Malone; Ben Gordon; JR Smith; Sebastian Telfair; Kevin Martin;

Morris Peterson; Speedy Claxton; Jerry Stackhouse; Chris Paul; Raymond Felton; Julius Hodge; Jarrett Jack; Steve Blake; David Lee; Eric Williams; Hakim Warrick; Robert Swift; Randy Foye; JJ Redick; Rudy Gay; Hilton Armstrong; Quincy Douby; Josh Boone; Kyle Lowry; Mardy Collins; Paul Davis; Dee Brown; Paul Millsap; Kevin Durant; Joakim Noah; Mike Beasley; Roy Hibbert; JJ Hickson; and Donte Greene.

Five-Star is very proud of the opportunity to work with all players in China and help raise their game to its highest level. Tens of thousands of Five-Star participants have gone on to play basketball in college and beyond.

## Five-Star Basketball in China

Five-Star Basketball China brings the experience and expertise of Five-Star

to the Chinese market. We hope to increase the skill development of



young players in China and provide a route to playing college level basketball in the United States.

Five-Star Basketball China has already organized two camps in Beijing, with the help of Dulwich College, during the 2008 October holidays and 2009 Chinese New Year. In conjunction with the training camp we organized a clinic for coaches and PE teachers, with 30 participants. On March 7 we organised a 1-day camp at Dulwich College with the participation of 55 players.

Through our partnership with Five-Star in the United States we are able to bring coaches to China who have

extensive experience in the Five-Star training camps in the States. Jason Hasson, James Cromwell and Tommy Verdell have provided players with “basketball resources” to improve their basketball skills, and at the same time organized practices focused on individual and team play development.

We have already organized the following training camps and basketball programs:

Event	City	Date	Location
<u>5-Day Training Camp</u>	Beijing	29 Sept-3 Oct. 2008	Dulwich College Beijing
<u>5-Day Training Camp</u>	Beijing	January 26-30 2009	Dulwich College Beijing
<u>Coaching Clinic</u>	Beijing	January 31st	Western Academy of Beijing
<u>1-Day Training Camp</u>	Beijing	March 7	Dulwich College Beijing
<u>5-Day Training Camp</u>	Shanghai	March 23-27	Shanghai American School
<u>Off-season Spring Program</u>	Beijing	March 4-May 26 (Wednesdays)	Canadian International School of Beijing
<u>Spring program</u>	Beijing	March 21-June 14 (Saturdays and Sundays)	International School of Beijing and Western Academy of Beijing

### Upcoming Events

The following events have been planned for the immediate future:

Event	City	Date	Location
<u>5-Day Training Camp</u>	Beijing	June 15-19	International School of Beijing
<u>5-Day Training Camp</u>	Beijing	July 6-10	Dulwich College of Beijing



5-Day Training Camp

Beijing

July 13-17

Dulwich College of Beijing

For updated information take a look to our site: <http://www.five-starbasketball.cn/>.

### Our Typical Training camps

Five-Star training camps usually last for 5 or 3 days, but we are open to the needs of your basketball program; weekend camps and daily camps are welcomed as a first step to help the development of your basketball program. Our typical 5-day camp schedule is as follows:

#### Day 1

9:30 Check-In  
 10:00-10:30 Morning Work-Out  
 10:30-13:00 Stations (Fundamental Skills)  
 13:00-13:45 Lunch  
 13:45-15:45 Fast Break/Team Play  
 15:45-16:00 Afternoon Break  
 16:00-18:00 Competitions and Games

#### Day 2

10:00-10:30 Morning Work-Out  
 10:30-13:00 Stations (Fundamental Skills)  
 13:00-13:45 Lunch  
 13:45-15:45 Fast Break/Team Play  
 15:45-16:00 Afternoon Break  
 16:00-18:00 Competitions and Games

#### Day 3

10:00-10:30 Morning Work-Out  
 10:30-13:00 Stations (Fundamental Skills)  
 13:00-13:45 Lunch  
 13:45-15:45 Fast Break/Team Play  
 15:45-16:00 Afternoon Break  
 16:00-18:00 Competitions and Games

#### Day 4

10:00-10:30 Morning Work-Out  
 10:30-13:00 Stations (Fundamental Skills)  
 13:00-13:45 Lunch  
 13:45-15:45 Fast Break/Team Play  
 15:45-16:00 Afternoon Break  
 16:00-18:00 Competitions and Games

#### Day 5

10:00-10:30 Morning Work-Out  
 10:30-13:00 Stations (Fundamental Skills)  
 13:00-13:45 Lunch  
 13:45-15:45 Fast Break/Team Play  
 15:45-16:00 Afternoon Break  
 16:00-17:30 Championship Games  
 17:30-18:00 Awards Ceremony

We can provide experienced and trained professional coaches from the US and from our own staff in China, according to the amount of players registered. To run a camp we prefer to have a minimum of 30 players.

### Training camp at Dulwich College of Beijing. 26-30 January 2009

The second Five-Star training camp was held at the facilities of the Dulwich College, Beijing, with the participation of 18 players and with Tommy Verdell as the head



coach.

Coach Verdell used proven and high quality drills to improve the defensive and offensive skills of the players, both team and individual skills. The intensity of the players was such that even the traditional fast-break competition between the orange and white teams reached a top level day after day.

### **Training camp at Shanghai American School. 23-27 March 2009**

From 23 March to 27 March 2009 Five-Star held a camp at Shanghai American School (SAS), with the participation of 58 basketball players ranging in ages from 9 to 18 years old. Coach James Cromwell from Five-Star Basketball United States attended as the head coach and trained with the

older group. Coach David Gros from Spain was the head coach for the younger group. Brencé Blair (Massachusetts) and Jonathan Kao (Shanghai American School) assisted the head coaches during the 5-day camp.



Shanghai American School. 9-12 years old group

Both group practiced on different courts at the SAS, but the aim for the



morning practices was the same, through the famous Five-Star stations the players learnt and improved their fundamental skills. The main stations at this camp were the dribbling, shooting, passing and defense stations. After a short lunch break the players came back to the practices with different purposes for each group. The younger players continued to work on their skills through competitions and game situations. Meanwhile the older group went back to the stations, and took part in games at the end of the day. The traditional Five-Star White versus Orange match was a highlight.

Despite the hard practices and the amount of hours the players kept working hard until the last minute of every single practice. They all deserved the Five-Star certificate with which they were awarded.

The proof of the success of the camp in Shanghai was the interest showed by parents and players on the last day for the next summer camps in Shanghai.

All the players improved during this 5-day camp, and what's better, they learnt how to practice by themselves with extense and different drills showed by the coaches during the practices. This reflects the main philosophy of Five-Star, **“where the teaching never stops”**.

### **Our Spring Programs**

After the end of the high-school

basketball season at international schools some of the players have been looking for more practices, and Five-Star's coaching staff provides its knowledge and experience to help them to improve their skills.

The two-hour practices on the Off-Season program are focused on the improvement of the fundamental skills of the players. During the last part of the practice the skills learnt that lessons are tested in real-game situations in order to check the real improvement of the skills. Five players from the International Academy of Beijing and the Canadian International School of Beijing have joined this program, which will last till 3<sup>rd</sup> June.

The Five-Star Spring Weekend Program, in collaboration with Sports Beijing, is a basketball program at the International School of Beijing and the Western Academy of Beijing, focused on middle school players, with 12 practices until 14 June 2009. The aim of this program is to help the development of the players during their basketball season. The 45 kids enrolled in this program come from different schools: ISB, WAB, YCIS, Harrow, DCB, French School and German School.

For the Spring Weekend Program, Five-Star Basketball coaches are David Gros and Eric Klein.



Shanghai American School. 13-18 years old group

### **Five-Star Coaching Academy**

Our coaching clinics are addressed to all basketball coaches, physical education teachers and basketball lovers. The main objective of the clinics is to show how the coaches can teach fundamental skills (ball handling, shooting and passing), improve the physical level of their players and increase their strategic understanding of team play, both offensive and defensive.

Five-Star Basketball's clinics have a practical approach to the main training methodologies. Our coaching clinics

are most effective with the involvement of high school players for demonstration purpose. As paying participants you may supply the players for this purpose and they will obtain out training at no cost.

To run a clinic we require a minimum of 15 participants.



### **Five-Star Coaching Staff**

*Five-Star Basketball United States:* Tommy Verdell, Jason Hasson, Jimmy Cromwell.

*Five-Star Basketball China:* Matthew Webb, Eric Klein, Brence Blair, David Gros.

For more information about our coaches please find the next link: <http://www.five-starbasketball.cn/alumni-coaches.asp>

### **Collaboration with 5 Star**

As part of our aim to improve basketball in China, Five-Star Basketball will be pleased to help the development of your basketball program and basketball events. Do not hesitate to contact with us in order to publicize your activities in our newsletter and web site.

We would be proud to collaborate with your club, school or organization for the implementation of the follow basketball events:

1. 3-day and 5-day training basketball camps.
2. Weekend training basketball camps.
3. 1-day intensive camp.
4. Coaching clinic.
5. 3on3 tournament.

Do not hesitate to contact with us for further details: [dgros@five-starbasketball.cn](mailto:dgros@five-starbasketball.cn)