



# ESF Basketball

The Tigers Basketball Club provides children of all ages with the opportunity to learn and experience one of the truly global sports, played not only here in Hong Kong, but around the world. Children from primary through to secondary school will find the appropriate level to learn the basics of the sport, train and play games. Students achieve success through learning correct skills and techniques from qualified coaches, building their confidence and improving at their own pace in our safe, fun co-educational classes.



## COURSE DESCRIPTION

**From Basketball Cubs to SlamDunk Basketball League play**  
Starting at 3 and 4 years of age boys and girls are introduced to sport and physical activity in our Basketball Cubs Programme. Establishing an active healthy lifestyle is our aim with all young people. As they grow, students can work their way toward our Saturday SlamDunk Basketball League. Our progressive development provides students plenty of FUN learning experiences that can lead to a lifetime of sporting enjoyment.

ESF Tigers Basketball is pleased to expand the "Cubs" programme by offering new classes for children aged 3 – 4 years. The ESF Cubs program is specifically designed to encourage young children to be active! "FUNdamentals" in the Cubs program give very young children the opportunity to play and experience physical skills such as running, jumping, throwing, catching, kicking, and balancing in a FUN and ACTIVE environment.

## FREE GIFT

**All First Time students registering for Basketball activities will receive:**

- 1 ESF Tigers Basketball player's jersey
- 1 size 5 Basketball

**ESF TIGERS BASKETBALL**

ESF is proud to introduce INTERGLOBO as sponsors of the Tigers Representative Basketball teams, U-11 and U-13

### Basketball Cubs, 3-4yrs (BA10)

- Learn with FUNdamentals
- Running, jumping, throwing, catching, kicking & balancing

### Rookies, 5+ yrs (BA1)

- Learn with FUNdamentals
- Basic ball skills, dribbling & shooting
- Gross motor skills, eye hand co-ordination & balance

### Starting Line Up, 9+ yrs (BA2)

- Develop correct techniques & skills
- Introduction to team offensive & defensive concepts
- Learn to play in a "REAL GAME"

### All Stars, 11+ yrs (BA3)

- Showcase of individual skills in the game
- Continued development of team offenses & defenses
- Opportunity to play in ESF INTERGLOBO Tigers Representative Teams

### Girls Only Classes, 9-13 yrs (BAG1)

- Upper primary & secondary school years recognise the need for separate competitions in Boys & Girls sport
- Girls enjoy playing against each other
- Strive to meet the needs of growing female athletes



Girls ONLY classes encouraging female sports participation



Detailed schedules can be viewed on our website [www.esf.org.hk](http://www.esf.org.hk)

Basketball — Course Fees			
Course name and code	Mon, Thu & Fri Class		Tue & Wed Class
Basketball Courses (BA1-BA3, BAG1)	16 sessions	\$3200	15 sessions \$3000
Quarry Bay (BA1-BA3)	15 sessions	\$3000	14 sessions \$2800
Basketball Cubs (BA10) Sat Classes	N/A		15 sessions \$2250

Students registered in weekly Basketball classes have the opportunity to play in the Saturday SlamDunk Basketball League.