



**AN INNOVATING WAY  
TO GROW UP AS A  
PERSON AND AS AN  
ATHLETE**

# WE ARE....



The Stellazzurra Basketball Academy recruits and accomodates national and foreign athletes that are willing to undergo an all-round program. Only people that aspire to compete at the highest level in life and in basketball participate. Sports culture, knowing how to win and how to lose, working hard every day and wanting to compete: these are the fundamental values of the Academy. Once that the athlete has been deemed to be ready to begin a professional carrier as an athlete or for as an professional managing in any part of the world, they will become a flagship for a new generation of academy players. The "champions" thath partecipate at the program will prove that the methods used by the Academy are successful, training in the body and the mind, following precise moral values and enjoying the success on the court and outside, with the unequivocal brand of the Stellazzurra.

"Working with young athletes, italian or foreign, give them the possibility to stand out, and fullfill their desires is a commitment that is worth to undertake and promote. The Academy, I am convinced, will be an instrument to diffuse those values that are hard to transfer today. It's important that sports and knowledge merge and work together, as it is also important that young athletes grow up with a sport and ethic culture that will give them the opporunity to be successful in their every day life, in whatever area they will decide to work. Hard work, team spirit, respect of their opponents, the will to study and practice hard, and the will to improve every day: in my opinin this is what the Academy means."

*(Cit. Valerio Bianchini, 3 Seria A titles as Head Coach)*

The Stellazzurra Academy is a project managed by a professional staff with international experiences. The staff has applied the Academy program on players coming from Guinea, Brasil, Bolivia, Senegal, Kazakistan, Serbia, Macedonia, Montenegro, Iceland, Bosnia, Argentina, England, Chile, Latvia, Sweden, Serbia, Norway, Morocco and Egypt. The Academy's sports background comes from a solid base provided by the Stella Azzurra (winner of the "Reverberi 2012" cup as the best youth club in Italy), that has been a guarantee in training players for an Italian and European basketball level. There are over 60 professional players trained by Academy and still play in various national tournaments, the most famous of all being Andrea Bargnani the first pick in the NBA.



The Academy idea is to work with the players to prepare them to a basketball career that will propel them towards the highest european and american levels. One of the benefits of the Academy is the prestigious cooperation that every sector has. Regarding the sports side there will be many famous "teachers" (Coaches and athletic trainers of the highest level) that will be guests during the season and will transmit their ideas to the players. High regard will also be given to the cultural side of the players. To reach this objective tours of the most famous national and international museums will be organized. The players will also have a chance to talk to and meet characters that made history in sports and in famous companies, learning from them what it means to grow with proper values.

## SCHOOL & ACADEMY

Players of the Stellazzurra Basketball Academy can choose from the best national and international schools in Rome. Our mission is to be able to give them the opportunity to learn and grow in a decisive way also from the academic point of view. The athletes of the Academy must take part in courses of study.

Many institutions have joined with enthusiasm at this project. The two flagships are the Marymount School of Rome, the best U.S. international school in Italy, and the University LUISS Guido Carli also among the top universities in Europe in its field, and always been very sensitive to the needs of basketball players.

But there are many other schools that athletes can choose from. Athletes taking part in the courses of study in the morning and in the afternoon can study in their rooms or in the studyroom of Stellazzurra. Inside the sport facilities there are available computers, internet wifi, support teachers, and all that is needed to be able to study better. Our dream is to create professional players or high basketball level or qualified students that are able to aspire to the highest in their profession.

The registration of athletes and students to the Academy doesn't have the limitations of age, because individual programs can be specifically designed.



# WE DO....

## ◆ PHYSICAL

- ◆ Improvement of strength, quickness and agility
- ◆ Basketball specific conditioning
- ◆ Monitoring of the diet
- ◆ Nutrition and natural supplementation
- ◆ Management of physical stress
- ◆ Anthropometric measurements
- ◆ Injury prevention and recovery (with Villa Stuart M.D.)
- ◆ Postural analysis

## ◆ TECHNICAL

- ◆ Theory and practice of the positions
- ◆ Specialization of the positions
- ◆ Work on technical lacks
- ◆ Shooting and passing
- ◆ Dribbling and shooting (analysis 94fifty)
- ◆ 1 on 1 with the ball
- ◆ Playing without the ball
- ◆ 5 on 5 / strategy
- ◆ Video training
- ◆ In your eyes special activity

## ◆ MENTAL

- ◆ Basketball Professional Orientation
- ◆ Professional Multicultural
- ◆ Team building
- ◆ Osmosis of the talent
- ◆ Self improvement
- ◆ The value of competing: winning and failing

## ◆ COMPETITION

- ◆ Italian championships
- ◆ European Youth Basketball League
- ◆ International schedules

## ◆ ACADEMIC

- ◆ Sports and basketball culture
- ◆ Tutoring
- ◆ School program

## ◆ CARE

- ◆ Special olympics and social activity
- ◆ Management of a sport facilities



## INTERNATIONAL ACTIVITIES

The Stellazzurra Basketball Academy every season takes part in many prestigious events in Italy and abroad, in order to guarantee to the players the highest level of competition. The Stellazzurra hosts the "Nike International Junior Tournament U18" every year (at the end of december), one of the requirements to qualify for the Final Eight in the Euroleague, and hosts in June 2014 the "NBA Basketball Without Borders" in cooperation with NBA and FIBA. Also, for the first time, the Stellazzurra will join the EYBL, the important European league that brings together some of the best teams in Central and Eastern Europe. Furthermore it participates in international tournaments in the following countries: Barcellona (Spain), Budapest (Hungary), Athens (Greece), Berlin (Germany), Wien (Austria), Santa Margherita Ligure (Italy), Kaunas(Lituania), Belgrade (Serbia), Lissone (Italy), Sarajevo (Bosnia), Cholet (France) and many more.

Also, every year in June and July the Stellazzurra Professional Camp is organized in Roccaporena, where many great professional players come to improve themselves.

Besides, the Academy during the season will organize visit to many historical sites to increase the athlete's culture.



# UBI STELLAE LUCENT



## Our partners:



## Stellazzurra Basketball Academy

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