



BUCKINGHAMSHIRE
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Basketball at BNU





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Buckinghamshire New University Basketball Programme in Partnership with Reading Rockets

Our Vision

The Buckinghamshire New University Basketball Programme in collaboration with the Reading Rockets Basketball Club is a premier initiative designed to combine high-level academic education with elite basketball training. This programme offers student-athletes the unique opportunity to pursue a university degree while developing their basketball skills under the guidance of professional coaches and competing at the highest levels of university and national basketball.



Our Partnership with Reading Rockets

The well-established relationship with Reading Rockets provides athletes with access to a Professional Club Infrastructure. This will benefit their Career Pathway as Players will have direct exposure to Reading Rockets' professional team setup, with the potential to transition into semi-professional or professional basketball post-graduation. Players may have opportunities to learn from guest coaches, former professional players, and basketball experts who regularly visit the Reading Rockets programme.

The Rockets currently have teams in the National leagues from Senior Conference into D1 Men and Women. The Rockets also have teams in the National Wheelchair Divisions of the sport and currently play at Premier and Division 2 standard. These teams sit on top of the 16 National Junior teams and comprehensive community programme that coaches over 1,000 young people per week.



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Our Support Team

Head Coach: Jack Adams

Jack has 9 years of experience coaching basketball and all different levels and ages. Jack has spent 8 years coaching National League basketball and has also spent 3 years coaching on the basketball England Aspire pathway. and has spent 3 seasons as a National team assistant for Basketball Wales. Jack is currently head coach at BNU and is coaching at John Madejski Academy in Reading coaching national league U18 for Reading Rockets and assisting Division 1 men's at Reading Rockets.



Strength and Conditioning & Injury Rehabilitation: Laura Richards, MRes, MA, ATC, BASRaT-reg, NAMS-PES



Laura is a Lecturer in Sports Therapy at BNU. She also works closely with the basketball programme providing Performance prep and injury management. She is a Certified Athletic Trainer and BASRaT Sports Rehabilitator with additional experience in performance enhancement for athletes. She has previous experience working with high school and university athletes in the United States.



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Established Dual Career Support and Academic Excellence

As an experienced dual career accredited university and part of the TASS athlete support programme players will benefit from a well-structured programme of support including:

Flexible University Programmes:

Students can pursue a range of undergraduate or postgraduate degrees in fields such as Sports Science, Business, Psychology, or Design, with a flexible schedule that accommodates training and competition demands.

Supportive Learning Environment:

Academic advisors and support systems are in place to ensure that athletes can successfully manage their dual commitments without compromising their academic performance.

Career Development Support:

The university offers career advice, and networking opportunities to help athletes prepare for their professional lives after basketball.





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Programme Overview

The BNU Basketball Programme with Reading Rockets is structured to balance academic achievement and athletic excellence. This dual career pathway allows students to thrive in both the classroom and on the basketball court, creating well-rounded athletes who are prepared for both professional basketball careers and life after sports.

Key Components



Elite Basketball Training

Professional Coaching led by the expert coaching staff from Reading Rockets, players will receive professional-level training designed to improve individual skills, teamwork, and overall basketball performance.

Position-Specific Development provides personalized training sessions focusing on the unique roles within the game with an emphasis on skill refinement, decision-making, and leadership on the court.



Competitions experience: Players will compete in the British Universities and Colleges Sport (BUCS) league, as well as trial for D3 and D1 teams with the Rockets family, offering the chance to test their abilities against the best university teams in the country.



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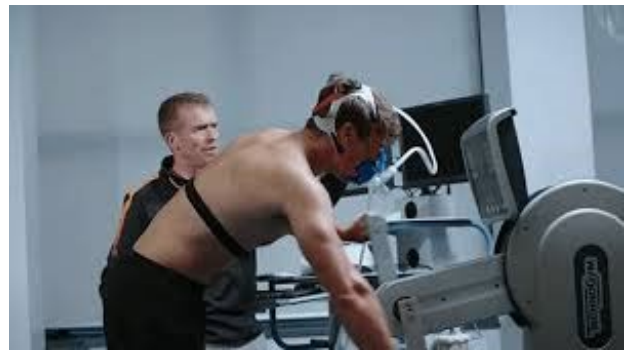
Customized Physical Training

A comprehensive strength and conditioning program tailored to the needs of basketball athletes, focusing on power, agility, endurance, and injury prevention.

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Sports Science Integration:

In collaboration with the university's sports science department, athletes undergo regular fitness testing, biomechanical analysis, and personalized workout plans to optimize performance.



Injury Prevention and Rehabilitation: On-site physiotherapy and access to recovery tools like, massage therapy ensure that athletes stay healthy and recover quickly from injuries.

Mental Health, Wellbeing and Leadership Development

- Sports Psychology Support: Access to mental performance coaches who help players develop resilience, focus, and confidence on and off the court.
- Leadership Training: Players will develop leadership skills both in practice and competition, preparing them to become team captains or leaders in their future careers.
- Wellbeing and Performance Lifestyle: Training in wellbeing and lifestyle management techniques to help student-athletes cope with the pressures of balancing academics, sports, and life.



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Programme Benefits

Comprehensive Development:

This programme emphasizes both basketball and academic development, ensuring that players are prepared for future careers on and off the court.

Pathway to Professional Basketball:

Athletes will have direct exposure to Reading Rockets' professional team, with potential scouting and contract opportunities for those who excel.

Networking and Mentorship:

Through connections with Reading Rockets, athletes will build valuable networks within the basketball community, creating potential opportunities in coaching, sports management, or playing professionally.

Balanced Lifestyle:

The programme supports athletes in achieving a balance between their sporting and academic commitments, ensuring personal growth in all areas of life.

Ideal Candidate

This programme is perfect for:

Aspiring Professional Basketball Players:

Athletes who want to pursue basketball at a high level while obtaining a university degree.

Student-Athletes Seeking Elite Training:

Players who want to compete in the BUCS league while receiving professional coaching and exposure to high-level competition.

International Students:

Athletes from around the world looking for a dual pathway that offers both academic and basketball development in the UK.

By joining the BNU University Basketball Programme with Reading Rockets, student-athletes can develop their skills in a high-performance basketball environment while securing their academic future, making it an ideal programme for those committed to excelling both on and off the court.

If you are interested in finding out more please contact :

Laura at BNU (Laura.Richards@bucks.ac.uk)

Or

Jack at Reading Rockets (Jack.adams@readingrockets.co.uk)

To find out more about courses at BNU please check out our website <https://www.bucks.ac.uk>. We hold regular open days and we would be delighted to meet you in person, to book in please click here <https://www.bucks.ac.uk/study/undergraduate/open-days>.