

Connect. **Inspire.** Grow.



Cannons Basketball

**MORE THAN
JUST BASKETBALL**

Teacher / Support Staff Mentoring

PE / Sport Sessions

PPA Cover

Wrap-around Clubs

Competitive Sport

And much more...

For more information / to arrange
an informal chat, please contact our
Programme Director Daniel Tight:
office@cannonsbasketball.co.uk



Cannons
Basketball

Connect. **Inspire.** Grow.

“
EVERY
INTERACTION
IS AN
INTERVENTION

”

ZILAND

ZILAND

The Cannons Story (so far...)

Cannons Basketball Ltd has been harnessing the power of sport and the growing Cannons reputation to positively impact the lives of young people, adults and our community as a whole since 2006.

Our community programme has seen basketball grow to an unprecedented level in Clacton-on-Sea (Essex, UK), and is also helping to grow the game steadily in Clacton's surrounding areas - including the larger town of Colchester.

Our directors, coaches and all other staff pride ourselves on being **MORE THAN JUST BASKETBALL!** Putting relationship building, knowledge and energy at the heart of delivering a variety of programmes, in a range of sports, to over 1,000 individuals every week!

We believe that sport has the power to change lives! Having positive impacts academically, as well as socially and allowing adults to create a strong rapport with individual pupils and classes that is not always possible inside the classroom. No matter your background or, too often, perceived ability, Cannons have got you!



#GoCannons #TogetherForward #CannonsFamily

USA Sports Specialists

Cannons are your local USA Sports specialists. Offering quality coaching and competition in Basketball, Soccer, Flag Football (NFL) and Softball. With more sport specialisms getting added regularly!

Are you ready to bring a little of the **RED**, **WHITE** and **BLUE** to your school?



Even if your not quite ready to make the jump into the world of American sport, we still have you covered with our range of more recognisable UK and European sports.



Cannons KS2 Basketball League

**Award
Winning**

Active Tending
Awards 2017

- Regular Competition
- Pride in representing school
- Chance to play in iconic local venues
- Finals days
- Pathways into local / county teams
- Positive experiences
- Professionally planned, run, delivered
- Strengthens links between schools
- Builds a Young Leader workforce
- Pressure taken off schools
- Cost effective



**KS2
BASKETBALL**



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**Enquire about our
Multi-Service Discount**

Our Services

Competitive Sport (Tournaments / Festivals / Leagues)

Teacher / Support Staff Mentoring **New!**

Professional support contributing to schools'
Wellness Weeks / Sports Weeks / WOW Days **New!**



Standard Session Costs

Please Note: These prices are applicable for Reception through to Year 11.

PE / PPA Cover (2 Coaches)..... **£57.99**

Afternoon (12-4.30pm)..... **£135**

Hourly rate reduced to £30. Lunch club and after school club included.

Full Day (at least 6 hours)..... **£174**

Hourly rate reduced to £29. Lunch club and after school club included.

All session plans are provided to schools by the Cannons team.

Trusts / Sport Association / Clusters

Bespoke Offers for Academic Trusts & School Sport Associations

Extra-Curricular Clubs

Please Note: These prices are applicable for Reception through to Year 11.

Active Start Breakfast Club (7:30-9am)..... **£35.99**

After School Club - 1 hour sessions (after 3pm - before 5pm)

School Pay.....from **£30.99**

Parent Pay option available (and preferred), parents will be charged an affordable and sustainable amount via Cannons online booking system, meaning no admin for busy school staff. Register etc will be shared with the school.

Check out our website for full details of all our programmes

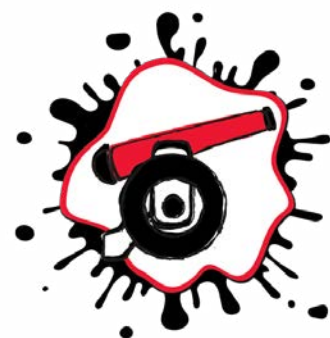
www.cannonsbasketball.co.uk

Bespoke Competitions & Events

In addition to the award winning **Cannons KS2 Basketball League** we will also be running a number of bespoke competitive opportunities for children of all abilities in Reception / KS1 / KS2 / KS3.

Our competition calendar can be viewed via the school section of our website.

Nursery & Pre-School Programme



1 hour = £22.99

With over 15 years coaching and collaborating with nurseries and pre-schools, experience has taught us that the best way to run a session is two groups of 8 children for 30mins each. However, we are willing and able to provide a bespoke service for any setting interested. And space is no obstacle by the way... we have run sessions in rooms, in meeting rooms, on playgrounds, in unused areas in car parks, on grass areas.

We aim to build positive early experiences in sport and encourage children's natural interest in being active. Our sessions are not sport specific, but rather focus on what we have always called the FUNdamentals.

To book a FREE, NO OBLIGATION TRIAL for your setting, or if you have any further questions please contact Lisa on office@cannonsbasketball.co.uk





Did you know?

"Children who were more active performed significantly better in writing and maths than children who were less active."

Youth Sports Trust (2022)

"Physical activity reduces symptoms of depression and anxiety; and enhances thinking, learning, and judgment skills."

W.H.O (2022)

"Children and young people who are physically active are more likely to continue the habit into adult life."

Public Health England (2015)

"Over 40% of children leave primary school classed as overweight or obese."

NHS (2021)

"75% of young people with mental health problems aren't getting the help they need."

Mental Health Foundation (2021)

With children spending a large proportion of their day in school, it is paramount that they receive opportunities to get active during the school day. The quality and variation of this provision is also key... **and that is where we come in!**

Together we can deliver extraordinary outcomes!

Get in touch for a friendly discussion about how we can support PE / sport in your setting

www.cannonsbasketball.co.uk



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