

**PLUS100  
CLUBS**



# FREQUENTLY ASKED QUESTIONS

## HOW ARE +100 CLUBS DIFFERENT TO OTHER CLUBS?

A lot of what we do will feel familiar if you have joined other clubs in the past. What makes us different is our approach to training:

- Our Ready for Rep training approach (see below)
- We select our coaches for their experience and knowledge of coaching and remunerate them
- We train with the Junior NBA curriculum



**REGISTER YOUR  
INTEREST**

[www.plus100prospects.com](http://www.plus100prospects.com)



*For coaches and players  
who are serious about  
growing*

## IS THIS A SHORT PROGRAM?

**No.** While there are short developmental programs out there, we embed development into our everyday training. We are like any other club, except for the Ready for Rep approach. You can find our more about that below.

## WHAT IS READY FOR REP?

Ready for Rep is +100 Clubs' approach to training players. This approach focuses on the skills, mindset and leadership qualities a Representative basketball coach will be looking for in new recruits. Coaches and players work together to identify strengths and areas for improvement and track performance over time.

## Child Safety

Plus100 Prospects is committed to protecting Children from harm. We require all applicants who will work with Children to undergo an extensive screening process prior to appointment.

All coaches are required to complete a working with children's check.



The Melbourne Grizzlies

**Plus100 Prospects**

**Got questions? Contact  
[hello@plus100prospects.com](mailto:hello@plus100prospects.com)**

## Who is +100 Clubs for?

**+100 Clubs is for boys and girls who aspire to play in Representative basketball.**

**The Club is targeted at U14s and U16s. We believe this age group is mature enough to decide for themselves if they have enough drive to become better players.**

**Our coaches are selected based on their knowledge and experience and willingness to try new approaches to training.**