



2024 SUMMER

**JOE ARLAUCKAS
INTERNATIONAL
BASKETBALL
DEVELOPMENT CAMP**

29 JULY - 2 AUGUST

RESIDENTIAL (28 JULY - 3 AUGUST)

WHERE LEGENDS ARE BORN



WWW.AETHLOS-SPORT.COM

SUMMER IN GREATER MANCHESTER JUST GOT LEGENDARY!



The University of Bolton is hosting a Summer Basketball Camp for young basketball players looking to develop their skills.

Young players aged between 14 and 18 are invited to join the five-day programme from 29 July to 2 August at the Bolton One Sports Centre, where they will have the amazing opportunity to be coached by basketball icon Joe Arlauckas.

The camp will feature comprehensive basketball training delivered by an elite coaching roster consisting of renowned coaches with a wealth of experience at top youth levels.

Open to female & male players with **Residential** and **Non-residential** options available.

Location:

University of Bolton Sports Centre

DON'T MISS OUT!



DEVELOPMENT LEVEL CAMP

This training camp is designed for players aged 14-18 who are looking to take their game to the next level. Held at the prestigious Bolton One Centre, the camp is open to young players with some basketball experience who aspire to develop their individual skills as well as their technical and tactical understanding of the game. It is suited to both elite and developing players, with a strong focus on individual development.

Led by an elite coaching team renowned for creating high-energy and intensity training sessions, our camp features pro-style drills covering offensive and defensive technical skills, as well as decision-making in dynamic game situations. This immersive experience provides valuable insights into life as an elite player, empowering holistic athlete development. The Strength and conditioning sessions are tailored to introduce the participants to basketball-specific workouts, preparing them to meet the physical demands and excel in the game.

We're thrilled to announce that the camp stars Euroleague Legend **Joe Arlauckas (Sacramento Kings, Real Madrid, AEK Athens)**, named one of the 101 Greats of European Basketball. With expertise in youth basketball development and a background as a Sports commentator for Euroleague TV, Joe brings unparalleled knowledge and insight to the camp.

Participants will have an extraordinary opportunity to work with Joe Arlauckas both on the court and in workshops.

WHAT IS INCLUDED

ALL PARTICIPANTS

Up to 25 hours of comprehensive basketball training and games led by renowned coaches, starting with Euroleague legend Joe Arlauckas (named one of the 101 Greats of European Basketball in 2018).

Up to 5 hours per week of workshops focusing on building a career in sport, positive media presence, interview skills and more.

Player profiling: All participants will undergo a scientific laboratory assessment and prehab exercises specific to basketball players, conducted by experienced sports scientists, and will receive a full physiological profile report. They will also receive a skills acquisition and basketball performance assessment report. (worth a total of £300!).

2 meals a day (breakfast and lunch) at the University Bistro Restaurant

Full University of Bolton campus experience Excursions to the Anderton Centre & Motorsport Engineering Centre

The camp includes a half day team building session at the Anderton Outdoor Activity Centre (worth £35 per person!)

Exclusive camp kit (training jersey, short sleeve t-shirt, refillable water bottle & notebook set for each participant)

Participants will be grouped by age and ability level to provide a challenging yet positive experience.

Emphasis on holistic development including physical conditioning, skill building, media literacy and character development.

WHAT IS INCLUDED

RESIDENTIAL OPTION (6 NIGHTS)

In addition to the All Participants package above, the following is included:

Arrival on Sunday 28 July -Departure on Saturday 3 August 2024

6 Nights Accommodation - En-suite rooms

Transport to and from Manchester Airport

Or Transport to and from Bolton/Manchester train stations

Daily transport from accommodation to training facilities and back

Performance Video Analysis Sessions

Three meals per day

24-hour supervision and security (highly experienced staff, DBS checked, safeguarding, and first aid trained)

24 hour welfare support



COACHING ROSTER

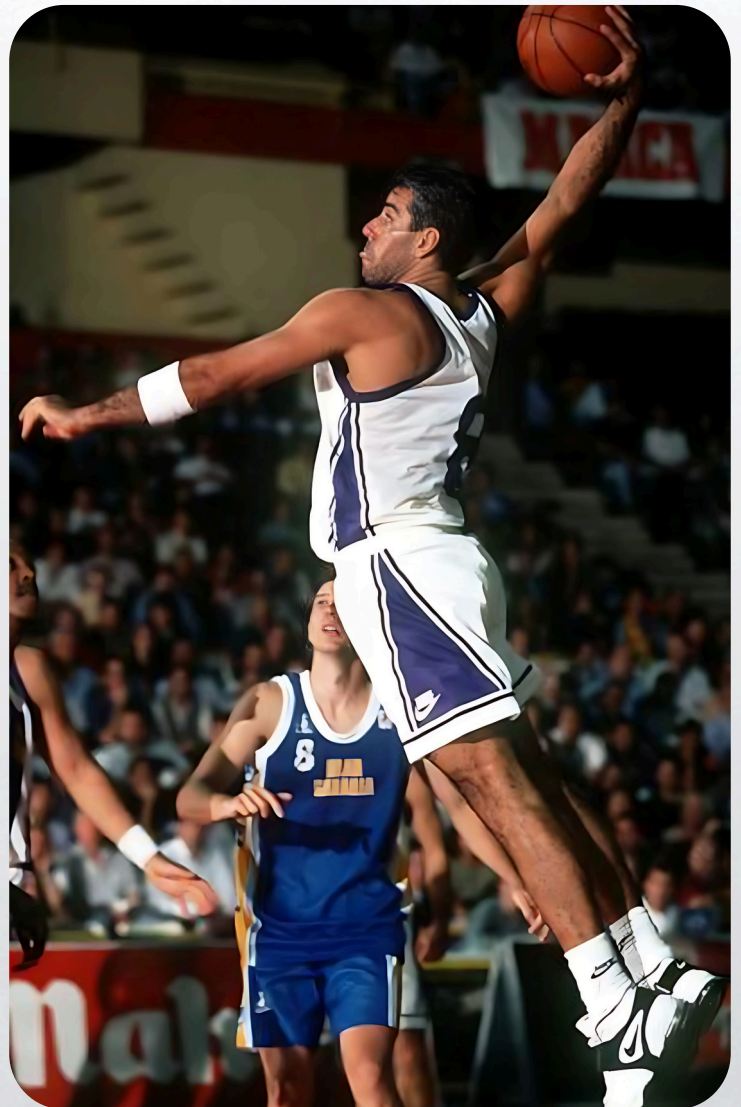
JOE ARLAUCKAS

Meet Joe Arlauckas, a basketball luminary whose expertise extends far beyond the court. He's not just a former professional player, he's a **Euroleague legend!** Throughout his journey, Joe has left an indelible mark on the basketball court, inspired fans with his skills and the **heart of a true champion.** His legacy as a Euroleague player is etched in the **annals of basketball history.**

From his triumphs on the court to his current role as a Euroleague Ambassador, coach and sports commentator for Euroleague TV, his wealth of experience and knowledge is unparalleled.

Beyond his achievements as a player, Joe's true passion lies in coaching and mentoring the next generation of basketball stars. Drawing on his remarkable career, he offers invaluable insight and guidance to young players, empowering them to reach their full potential both on and off the court.

He is trusted by both the **NBA** and the **EuroLeague** to run their basketball development camps across the world. He has also led the basketball clinic during the world-class event **Navarino Challenge.** This summer, Joe will be at the **University of Bolton Basketball Development Camp,** providing an exceptional opportunity for aspiring young players to learn from a true legend of the game.



COACHING ROSTER

TASOS MANOLOPOULOS

We are delighted to introduce Coach Tasos Manolopoulos at the University of Bolton Summer Basketball Development Camp!

Tasos is a well-rounded expert with over 20 years of experience coaching elite youth basketball at prestigious academies including **PAOK Thessaloniki BC** and **OLYMPIACOS BC**.

As a well established skill development coach and scout, he's helped professional and academy players improve their game. He has also helped over **100 athletes** achieve their dreams of playing basketball both professionally and at the US college level.



As the founder of the Shooting Lab Skills Academy Greece, his reach is global, with players from the highest levels of the NBA, Youth National Team, NCAA and Euroleague trusting him to develop their game. He has a wealth of coaching experience from elite international basketball camps including the **Marin Sedlaček - Valencia Basketball Camp, Alex Abrines (Barcelona) Basketball Camp** in Spain and **Olympiacos BC Summer Camp, Kostas Sloukas** (Greek National Team, Olympiacos, Fenerbahce & Panathinaikos|) **Basketball Camp** and **Kostas Valisliadis** (Greek National Team, Olympiacos, Unicaja Malaga, Bilbao) **Summer Camp** to name a few.

COACHING ROSTER

TASOS TRAIANOS

Meet Tasos (Anastasios) Traianos, a dynamic individual with a remarkable 15-year professional basketball career in the Top leagues of Greece and the British Basketball League (**BBL**) with the **Manchester Giants**.

Combining his extensive playing experience with over a decade of coaching talented players, Anastasios has a wealth of knowledge and expertise in the game.

Passionate about both basketball and education, Tasos is dedicated to helping talented individuals thrive both athletically and academically.

With over a decade of coaching experience alongside elite mentors, including the **NBA**'s top skills development coach Ganon Baker, he brings invaluable expertise to coaching and mentoring athletes at all levels.

As Director of AETHLOS Sports and Education Services, Tasos seamlessly integrates both athletic and academic development into his coaching philosophy. Working with athletes from around the world, he has guided numerous players to reach their full potential on the field, while also emphasising the importance of academic success. Anastasios' holistic approach ensures that athletes not only excel in their sport, but also in their studies, setting them up for success both on and off the court.



COACHING

WHAT TO EXPECT

Experience the intensity of elite level training at the University of Bolton Basketball Development Camp! Our sessions are designed to push players to their full potential, with pro-style drills covering every aspect of the game, from offensive and defensive techniques to making split-second decisions under pressure. Through these immersive experiences, participants gain a first-hand understanding of what it takes to compete at the highest level. In addition, our dedicated strength and conditioning sessions focus on basketball-specific workouts to ensure athletes are physically prepared to dominate on the court. Join us on a transformative journey where athletes not only improve their skills, but also cultivate the resilience and determination needed to succeed in basketball and beyond.

PLAYER PROFILING

WHAT TO EXPECT

Physicality is paramount in modern basketball. All participants will undergo a **Scientific laboratory assessment** (Similar to **NBA Combine Anthrometric**) and prehab exercises specific to basketball players, conducted by experienced sports scientists, and will receive a full physiological profile report. They will also receive a skills acquisition and basketball performance assessment report. (worth a total of **£300!**).

Through detailed analysis and testing, players gain a clear understanding of their current skills and physical attributes, allowing them to tailor their training and development plans accordingly.

WORKSHOPS

WHAT TO EXPECT

Our workshops dive deep into elite performance and higher education, equipping athletes with the tools to excel both on and off the court. From mastering a positive media presence to honing interview skills and managing social media profiles, participants will gain invaluable insights essential for success in today's competitive landscape. Join us on a transformative journey where athletes not only elevate their game, but also cultivate essential life skills for future success.

WORKSHOPS OVERVIEW

Motivation, Determination
and Elite performance in
sport and beyond.

Positive media presence

Interview skills

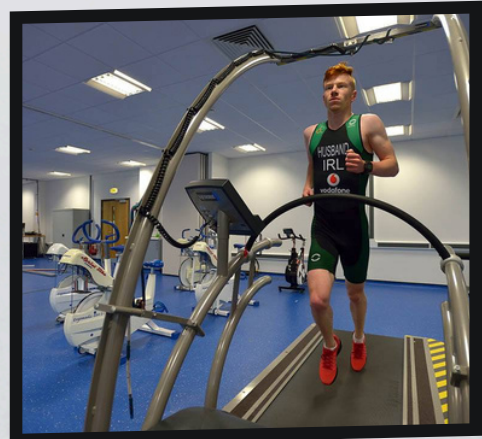
Social media profile
management



FACILITIES

CAMP LOCATION

UNIVERSITY OF BOLTON, DEANE ROAD, BOLTON. BL3 5AB



FACILITIES

GET THE FULL EXPERIENCE!!

RESIDENTIAL SITE

ANDERTON, NEW RD, CHORLEY, LANCASHIRE PR6 9HG



The accommodation for the 2024 International Basketball Development Camp is the **Anderton Centre**, only 20 minutes by minibus from our training facilities. The Centre offers en-suite bedrooms across three accommodation areas, with each participant sharing a double en-suite room. Participants can request to be in the same room and area with other participants or friends from their own club and we will always do our best to accommodate these requests. In addition, the camp has on duty staff available 24 hours a day and the residential area itself has 24 hour security on patrol.

CAMP EXCURSIONS

HALF DAY TEAM-BUILDING ACTIVITIES AT THE ANDERTON CENTRE



VISIT THE NATIONAL CENTRE FOR MOTORSPORT ENGINEERING



LIFE ON CAMP

A TYPICAL DAY (NON-RESIDENTIAL)

8:15 - 8:45 Breakfast

8.45 - 9.00 Morning Briefing

9.00 - 12.00 Individual Skill Development, Agility, Strength & Conditioning
Training

12.00 - 13.00 Lunch & Recovery

13.00 - 14.00 Workshop

14.00 - 15.00 Basketball Decision Making Game Situations

15.00 - 16.00 Basketball Game Full Court

A TYPICAL DAY (RESIDENTIAL)

7.15 - 7.30 Wake Up

7.30 - 8.00 Commute to UoB Campus

8:15 - 8:45 Breakfast

8.45 - 9.00 Morning Briefing

9.00 - 12.00 Individual Skill Development, Agility, Strength & Conditioning
Training

12.00 - 13.00 Lunch & Recovery

13.00 - 14.00 Workshop

14.00 - 15.00 Basketball Decision Making Game Situations

15.00 - 16.00 Basketball Game Full Court

16.15 - 17.00 Commute to Residence

17.15 - 19.00 Stretching/Shower/Recovery

19.00 - 20.30 Performance Video Analysis

20.45 - 22.00 Dinner/Chill Out

22.30 -Return to the rooms/Lights Out

NUTRITION

Players can fuel their performance with healthy breakfast and lunch options at our on-campus restaurants. From breakfast to lunch, we've got you covered with delicious and nutritious options to support your athletic journey. Residential participants enjoy balanced and nutritious home-cooked meals provided in the Anderton Centre dining room.

WELFARE STAFF

A dedicated camp management and welfare team will be present at both the residential and training sites throughout the camp. Trained to prioritise the welfare of the players, they will be on hand to provide support, guidance and assistance to the participants to ensure they reach their full potential.

FIRST AID

Your safety is our priority. There will be qualified first aiders on site at all times during the camp. Rest assured that our team will be on hand to provide immediate assistance and care whenever needed, ensuring a safe and supportive environment for all participants.

BOOKING OPTIONS

Residential (6 nights) pay full - £599

Non-Residential pay in full - £399

Residential Deposit Option - Pay £150 now to secure your place and pay the balance by Monday 1st July

Non-Residential Deposit Option - Pay £150 now to secure your place and pay the balance by Monday 1st July

BOOK YOUR PLACE NOW AND EMBARK ON A
TRANSFORMATIONAL JOURNEY AT OUR ULTIMATE
INTERNATIONAL BASKETBALL DEVELOPMENT CAMP!



REGISTER NOW

