

# MAINLAND EAGLES

## Mainland Eagles Academy Newsletter

August 2016

The Mainland Eagles Basketball Academy, operated by a non-profit, Canterbury Regional Basketball Foundation was created to help support and prepare basketball players throughout the South Island in their dream of playing US College Basketball. The Academy has developed 16 players who have received academic & basketball scholarships in the USA since the Academy began 2 years ago.

### Mainland Eagles Academy Member (Class of 2016) –Sam Timmins

“The main purpose of my decision to attend USA college (after being part of the Mainland Eagles Academy) was that it was the next step in pursuing my ultimate goal of making it to the NBA, but also that it comes with a free tertiary education and at such a great academic institution like University of Washington. My scholarship covers everything including school fees, books, stationary, food and accommodation amongst other things. I don't have to pay for anything.”



#### Sam Timmins Autograph\*-

**\*Autograph available after the game**

“The best advice I could give to someone planning on coming over to college on a basketball scholarship is to really be 100% confident that it's what you want to do because it is a lot of hard work. Nowadays with more and more people heading over on scholarships there can be a lot of external pressure from others because they know how great of an opportunity it is, but ultimately you need to make sure that you understand what is ahead of you and that there is nothing else you would rather do. If that is the case, then I can tell you first hand it'll be the most rewarding experience of a lifetime.”

“I'm looking forward to playing my first season with the team, looking forward to matching up with all the best basketball players on the west coast and having a chance to put a name out there for myself amongst them”

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## Mainland Eagles Academy Member (Class of 2016) –Laken Wairau

“My advice to anyone waiting to pursue a college scholarship would be to have a great work ethic. Do more than what is expected of you by getting an extra 100 shots up a day or staying an extra 30 minutes after practice working on your handles.” - Laken Wairau’s advice for future Mainland Eagles Academy players

**Hometown:** Christchurch

**University:** Indiana University

**Degree:** Kinesiology

**Position:** Guard

**School:** Christchurch Girls High School

**Coaches:** Phil Burns/TeHaere Stirling

**Parents:** Mason & Tracey Wairau

**Laken Wairau Autograph\*-**

**\*Autograph Available Before Game**



## University of Washington –Markelle Fultz

“Fresh off being named the tournament MVP of the FIBA Americas U18 Championship, incoming Washington wing **Markelle Fultz** has been installed as the projected No. 1 pick in the 2017 NBA Draft by DraftExpress.com.” -SBNATION



**Markelle Fultz Autograph\*-**

**\*Autograph Available After Game**

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## 2016 Class (Completed NCEA Level 3 in December, 2015)



Sam Timmins  
University of Washington



Joe Cook Green  
Northwest Florida College



Jackson Stent  
Casper College



Laken Wairau  
Indiana University



Tessa Morrison  
Southern New Hampshire



Brittany Richards  
Gillette College



Zoe Richards  
Gillette College



Sam Riley  
Lake Region State College



Shou Nisbet  
Southeast College



Sam Lees  
Whitworth U.

\*Mainland Eagles Academy had 6 players from the 2015 class (first year of the Mainland Eagles Academy) who are currently on an academic/basketball scholarship in the USA.

## **The Pursuit of Elite Academic Achievement & Basketball**

Sam Lees has always pursued excellence on and off the court juggling a busy life with Head Boy duties at Middleton Grange School, excellent endorsement in NCEA level 3 & playing basketball for Middleton Grange & Canterbury Basketball. The Mainland Eagles Academy came along at the perfect time for Sam in 2014 where he played for his High School team & come off the bench for the Canterbury U17 team. For 12 months from 2014 to 2015 Sam dedicated himself fully to the morning Academy trainings with Mark Dickel (Rams Coach) & Lori McDaniel (Wildcats Coach), school trainings with Middleton Grange coach Tim Bennetts & weight training at UC Sport. As a result in 2015 Sam went from being a bench player for the Canterbury teams to being one of the best players in New Zealand at the U19 age group being selected for the 2015 & 2016 Basketball New Zealand U19 Nationals Tournament teams. In 2016 his improvement was recognised by being named a Canterbury Rams Development Player in the New Zealand National Basketball League.



Mainland Eagles Academy Members Shou Nisbet, Tessa Morrison & Sam Lees have all received academic & basketball scholarships to attend University in the United States

“Being part of the Mainland Eagles Academy doing the morning trainings, strength programme, shooting gun sessions and traveling to Vegas on the Eagles trip gave me an insight into the high level of mental and physical strength that is needed to succeed at college. I believe that these experiences have made me more ready to deal with these rigors, and given me more confidence that I will be successful at the college level. The Academy also provided guidance & support in helping me find the right University fit that would allow me to achieve my academic goals of doing a business degree at an elite academic institution in the United States while continue my basketball aspirations” – Sam Lees

The Mainland Eagles Academy currently has the top 40 players from throughout the South Island. The Academy supports the Academic, Leadership & Basketball development of its players with the goal of developing future leaders for the community. The Academy has 3 camps during the School holidays throughout the year and provide skill development, physical testing, academic support (SAT preparation), strength training & US college guidance & placement of its players on a daily basis. 10 Boys & 10 girls are selected each year to go on a tour of the United States to get exposure to what US College life is like. A typical day for a Mainland Eagles Academy member includes Morning training from 6am – 730am, School 8.40am - 3.20pm, Weights from 4pm – 5pm, Team training from 530pm – 730pm and Homework from 8pm – 10pm. We wish the 2015 & 2016 classes all the best as they represent in the USA!

For more information contact Caleb Harrison  
coach@crbf.org.nz



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