

BEST VERSIONS



IN THE ZONE FEATURE

Chloe Burdett

@justplayuk



"I forgive myself,
For all of my past mistakes"



A few examples of the types of things people have done to Bounce Back

- Walking
- Yoga
- Facetime
- Journaling
- Reading
- Cooking
- Reflecting

"I believe we have a vibrant Basketball scene here in the West Midlands..."

How JustPlay came about?

I was introduced to basketball at a young age and competed at both local and regional levels, I stopped playing Basketball in 2010, mainly due to a recurring injury that also took effect on my Mental Health.

This initiative to start JustPlay was in January 2018, where one of my new year resolutions was to get back into playing Basketball again.

The focus from the start has always been to make basketball for all abilities accessible. I believe that we have a vibrant basketball scene in the West Midlands for developing players but I wanted to JustPlay Basketball without any commitment ties or membership fees. I couldn't find this so I decided to create it. We held the first session on Tuesday 23rd January 2018 and have done this every Tuesday since.

Your Aims and Hopes?

Individually, I am passionate about encouraging people to be the best version of themselves. I hope to continue to be a positive advocate for Women's Basketball and for Mental Health.

As an organisation, JustPlay UK aim to be different from other Basketball Organisations; our driving force has always been the positive response we receive from our attendees with our ethos being "Community over Competition".

We want our sessions to be an outlet to support the mental health of our participants first with the physical and social benefits being an additional part of the package.

We hope to continue to make recreational Basketball accessible to the widest audience possible and are currently looking to introduce new sessions to our weekly schedule such as a Junior Girls JustPlay and Walking Basketball.

The Bounce Back Project

The Bounce Back Project funded by the National Lottery was aimed to raise the awareness of Mental Health. Prior to the Pandemic, we aimed to deliver this project through a combination of 1-1 mentoring and recreational basketball sessions for both adults and young people.

Due to the outbreak of [the] pandemic we redesigned the delivery of this project to support people during this time. We were inspired by the many fitness/exercise videos on social media that were encouraging people to keep/get active during this pandemic, but wondered when we would emphasise that taking care of your Mental Health during this time is also a priority.

The BounceBack Campaign encourages us to use our time in self isolation to do things that make YOU happy!

Since our first video we have received over 60 messages from people sharing how they've bounced back during this time.

Every entry we have received has been different and I feel that this so important to recognise that there is no right answer on what you should be doing, or how you should be feeling during this time. One of our favourite quotes is;

"Focus on what you can control and let go of what you can't".

The recurring message throughout everyone that has been getting involved in the campaign and that is; 'we are all in this together.'

We really hope this campaign can support and normalise the discussion of looking after your Mental Health and that it really is okay not to be okay. There are no pre-requirements for anybody wanting to get involved in this project.

Please check out our Instagram/facebook pages for more information: JustPlayUK



SUPPORT AND INSPIRATION

IN THE ZONE FEATURE

Simon Ahmed

hrmbasketball.com

hrmbasketball

Hrm Basketball is the only site dedicated to performance, lifestyle and rehabilitation for Basketball in the UK. Our hive of experts and specialists have collaborated knowledge from their respected fields to give you the greatest improvements in performance. Offering you evidence-based knowledge, support and inspiration.

We believe that the key attributes of human function and performance are overlooked and misunderstood. Change takes time, but consistently focussing on your function, your health and your performance will take you to the next level. Our experts and coaches will help inspire and motivate you to reach your goals.

Hrm basketball came to life to give you professional advice, information and support when it comes to conditioning, function, nutrition, lifestyle or improving as an athlete.

a new collaborative network for the Basketball community

As a coach and a player (although some may question the latter), it was gutting to have the season postponed right as the season was getting to the good part. It was obviously the right thing to do and eventually the decision was made to cancel the season.

This was an overwhelming time for everyone and nobody was really sure what the future would hold. The current situation would impact everyone differently both physically and probably more so mentally.

For many players, coaches and officials, Basketball is a not just a game but a love and a way of life. Many of those involved use it to help with both their physical and mental health.

These past couple of months has drastically changed what we do day in and day out. Previously, a chunk of day or week would have been devoted to training, either ourselves or our players. With gyms, courts and parks closing across the country, there has been a training void. Those lucky enough to have a garden and hoop have been able to continue shooting practice but others have been left to train in their home.

Since the start of COVID-19 many players are wisely utilising the extra time to improve their strength, speed and agility. While many others will be using this time to chill out as 'there will always be time to practice' right?

Fair play to those who are trying to utilise this time wisely as this is the perfect opportunity for those off-season gains. Unfortunately, I am seeing those players make poor exercise choices, utilising poor technique and potentially leading themselves towards preparing wrong for the season or even worse injury.

In fact, I have already been contacted by a number of players asking for help to overcome injuries. Most common causes have been sudden training spikes in loading and poor programming. Either due to the individual wanting to progress too quickly, following a programme aimed at a different sport or because they are trying to compete with others.

Those that aren't preparing themselves are also likely to experience a similar fate. There is still plenty of time before we will get the opportunity to be back to training and in game situations. The de-conditioning that will occur during this period for those who have decided to enjoy some time off will be immense. Without off-season preparation, the sudden spike in loading is likely to lead to at best, aches, pains and niggles, but the more likely outcome is injuries.

Even if players don't have proper equipment, they can still maintain and improve:

- Conditioning | Speed | Power | Strength | Endurance | Agility | Mobility

The Players...

- Find out more on
- Conditioning
- Nutrition
- Recovery
- Resilience
- Mindset
- Knowledge
- Development
- on hrmbasketball.com



In order to do this, you will need to analyse your personal athletic weaknesses. In addition, players could also look at other aspects such as:

Mental preparation | Learn more about the game | improve mind-set & nutrition and | Rehab and work on recovery

Have the right planning, programming, information and support. This is where hrm basketball can help you as an individual or and a club/team.

To bring together experts from different fields to help you accomplish what you need during this pandemic and beyond.